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Almond Honey-Whole Wheat Bread (1 1/2-Pound Recipe)

Recipe By : **Shirley** Serving Size : 12 Preparation Time : 0:00
Categories : Bread Machine Breads

Amount	Measure	Ingredient -- Preparation Method
1	cup	water
3	tablespoons	honey
2	tablespoons	margarine or butter -- softened
1 1/2	cups	bread flour
1 1/2	cups	whole wheat flour
1/4	cup	toasted slivered almonds
1	teaspoon	salt
1 1/2	teaspoons	bread machine yeast

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/white cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Yield:
1 loaf

Per serving: 165 Calories (kcal); 4g Total Fat; (21% calories from fat); 5g Protein; 28g Carbohydrate; 5mg Cholesterol; 200mg Sodium
Food Exchanges: 1 1/2 Grain(starch); 0 Lean Meat; 0 vegetable; 0 Fruit; 1/2 Fat;
1/2 Other Carbohydrates

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Almond Honey-whole Wheat Bread (1-Pound Recipe)

Recipe By : [Brenda](#) Serving Size : 8 Preparation Time : 0:00
Categories : [Bread](#) [Machine](#) [Breads](#)

Amount	Measure	Ingredient -- Preparation Method
2/3	cup	water
2	tablespoons	honey
1	tablespoon	margarine or butter -- softened
1	cup	bread flour
1	cup	whole wheat flour
2	tablespoons	toasted slivered almonds

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1 3/4 teaspoon salt
1 teaspoon bread machine yeast

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/white cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Yield:

"1 Loaf"

Per serving: 156 Calories (kcal); 3g Total Fat; (17% calories from fat); 5g Protein; 28g Carbohydrate; 4mg Cholesterol; 217mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 2394 0 0 4982 0 2019

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Almond Pilaf

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Holiday

Rice and Grains

Amount	Measure	Ingredient -- Preparation Method
1 1/2	cups	uncooked regular long grain rice
1	medium	onion -- chopped (about 1/2 cup)
1/4	cup	margarine or butter (1/2 stick)
1/2	teaspoon	ground allspice
1/2	teaspoon	ground turmeric
1/4	teaspoon	salt
1/4	teaspoon	curry powder
1/8	teaspoon	pepper
3	cups	hot chicken broth
1/4	cup	slivered blanched almonds

Heat oven to 350°. Cook rice and onion in margarine in 10-inch skillet, stirring frequently, until onion is tender. Stir in allspice, turmeric, salt, curry powder and pepper. Place in ungreased 2-quart casserole. Stir in broth.

Cover and bake about 40 minutes or until liquid is absorbed and rice is tender. Stir in almonds.

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Per serving: 225 Calories (kcal); 9g Total Fat; (35% calories from fat); 5g Protein; 30g Carbohydrate; 0mg Cholesterol; 422mg Sodium
Food Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1 1/2 Fat;
0 other Carbohydrates

NOTES : Brown Rice-Almond Pilaf: substitute brown rice for the regular rice. Bake 60 to 70 minutes.

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Almond-Chocolate Chip Bread (1 1/2-Pound Recipe)

Recipe By : **Shirley** Serving Size : 12 Preparation Time : 0:00
Categories : Bread Machine **Breads**

Amount	Measure	Ingredient -- Preparation Method
1	cup	plus 2 tablespoons water
2	tablespoons	margarine or butter -- softened
1/2	teaspoon	vanilla
3	cups	bread flour
3/4	cup	semisweet chocolate chips
3	tablespoons	sugar
1	tablespoon	dry milk
3/4	teaspoon	salt
1 1/2	teaspoons	bread machine yeast
1/3	cup	sliced almonds

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients except almonds in bread machine pan in the order recommended by the manufacturer. Add almonds at the Raisin/Nut signal or 5 to 10 minutes before last kneading cycle ends.

Select Sweet or Basic/white cycle. use Medium or Light crust color. Do not use delay cycles. Remove baked bread from pan and cool on wire rack.

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Yield:
"1 Loaf"

Per serving: 232 Calories (kcal); 8g Total Fat; (29% calories from fat); 6g Protein; 36g Carbohydrate; 1mg Cholesterol; 161mg Sodium
Food Exchanges: 1 1/2 Grain(starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates

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Almond-Chocolate Chip Bread (1-Pound Recipe)

Recipe By :
Serving Size : ■ Preparation Time :0:00
Categories : Bread Machine

Breads

Amount	Measure	Ingredient -- Preparation Method
3/4	cup	plus 1 tablespoon water
1	tablespoon	margarine or butter -- softened
1/4	teaspoon	vanilla
2	cups	bread flour
1/2	cup	semisweet chocolate chips
2	tablespoons	sugar
2	teaspoons	dry milk
1/2	teaspoon	salt
1	teaspoon	bread machine yeast
1/4	cup	sliced almonds

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients except almonds in bread machine pan in the order recommended by the manufacturer. Add almonds at the Raisin/Nut signal or 5 to 10 minutes before last kneading cycle ends.

Select Sweet or Basic/White cycle. Use Medium or Light crust color. Do not use delay cycles. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Yield:
"1 Loaf"

Per serving: 230 Calories (kcal); 8g Total Fat; (29% calories from fat); 6g Protein; 36g Carbohydrate; 1mg Cholesterol; 156mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; ■ Vegetable; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates

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Angel Food Cake Deluxe

Recipe By :
Serving Size : 16 Preparation Time :0:00
Categories : Cakes

Desserts

Amount	Measure	Ingredient -- Preparation Method
1	cup	cake flour
1 1/2	cups	powdered sugar
1 1/2	cups	egg whites (about 12)
1 1/2	teaspoons	cream of tartar

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1		cup	granulated sugar
1	1/2	teaspoons	vanilla
	1/2	teaspoon	almond extract
	1/4	teaspoon	salt

Heat oven to 375°. Mix flour and powdered sugar. Beat egg whites and cream of tartar in large bowl on medium speed until foamy. Beat in granulated sugar on high speed, 2 tablespoons at a time, adding vanilla, almond extract and salt with the last addition of sugar; continue beating until meringue holds stiff peaks. Do not underbeat.

Sprinkle flour-sugar mixture, 1/4 cup at a time, over meringue, folding in gently just until mixture disappears. Spread in ungreased tube pan, 10 x 4 inches. Gently cut through batter with spatula.

Bake 30 to 35 minutes or until cracks feel dry and top springs back when touched lightly. Immediately invert pan onto heatproof funnel; let hang until cake is completely cool.

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yield:

"1 cake"

Per serving: 130 Calories (kcal); trace Total Fat; (0% calories from fat); 3g Protein; 30g Carbohydrate; 0mg Cholesterol; 71mg Sodium
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 1 1/2 Other Carbohydrates

NOTES : Angel food cake is thought to have originated in St. Louis, Missouri, in the mid-nineteenth century. Some people believe that the recipe was brought by slaves from the South up the Mississippi River to St. Louis. Others believe that angel food cake can be traced to the Pennsylvania Dutch.

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Antipasto Pull-Apart

Recipe By : [Brenda](#) Serving Size : 32 Preparation Time :0:00
Categories : [Appetizers](#) [Breads](#)

Amount	Measure	Ingredient -- Preparation Method
4	cups	all-purpose flour (4 to 5 cups)
1	tablespoon	sugar
2	teaspoons	salt
1/4	cup	olive oil
		OR
1/4	cup	(1/2 stick) margarine or butter -- melted
2	packages	regular or quick-acting active dry yeast
2	cups	very warm water (120° to 130°)
3/4	cup	finely chopped salami (about 4 ounces)
2	cloves	garlic -- finely chopped
1 3/4	cups	whole wheat flour
1/4	cup	grated Romano or Parmesan cheese
2	tablespoons	chopped fresh basil

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OR

2 teaspoons dried basil leaves
1 egg white
1 tablespoon cold water

Mix 3 cups of the all-purpose flour, the sugar, salt, oil and yeast in large bowl. Add warm water. Beat on low speed 1 minute, scraping bowl frequently. Beat on medium speed 1 minute, scraping bowl frequently. Divide dough between 2 medium or large bowls.

Stir salami, garlic and whole wheat flour into dough in 1 bowl. If necessary, stir in enough all-purpose flour to make dough easy to handle. Turn dough onto lightly floured surface; gently roll in flour to coat. Knead about 10 minutes or until smooth and elastic. Place in greased bowl; turn greased side up. Cover and let rise in warm place 40 to 60 minutes or until double. (Dough is ready if indentation remains when touched.)

Stir cheese and basil into dough in other bowl. Stir in enough remaining all-purpose flour to make dough easy to handle. Turn dough onto lightly floured surface; gently roll in flour to coat. Knead about 10 minutes or until smooth and elastic. Place in greased bowl; turn greased side up. Cover and let rise in warm place 30 to 50 minutes or until double.

Grease large cookie sheet. Punch down whole wheat dough and let rest 5 minutes. Punch down white dough and let rest 5 minutes. Gently pat each dough into 7 1/2-inch square. Cut each square into twenty-five 1 1/2-inch squares. Randomly arrange white and whole wheat squares on cookie sheet in 2 round mounds, about 11 inches across. Cover and let rise in warm place 35 to 50 minutes or until double. Beat egg white and cold water; brush over loaves.

Heat oven to 375°. Bake 35 to 40 minutes or until loaves are golden brown and sound hollow when tapped. Remove from cookie sheet. Cool on wire rack. Pull apart to serve.

2 loaves (about 16 slices each)

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Yield:

"2 Loaves"

Per serving: 115 Calories (kcal); 3g Total Fat; (26% calories from fat); 4g Protein; 17g Carbohydrate; 5mg Cholesterol; 206mg Sodium
Food Exchanges: 1 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

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Apple Dumplings

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
		Page 6

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6		Favorite Pastry for 9-Inch Two-Crust Pie -- (see recipe)
		baking apples (each about 3 inches in diameter) -- peeled and cored
3	tablespoons	raisins
3	tablespoons	chopped nuts
2 1/2	cups	packed brown sugar
1 1/3	cups	water

Heat oven to 425°. Prepare pastry. Gather into a ball. Roll two-thirds of the pastry into 14-inch square on lightly floured cloth-covered board with floured stockinet-covered rolling pin; cut into 4 squares. Roll remaining pastry into rectangle, 14 x 7 inches; cut into 2 squares. Place apple on each square.

Mix raisins and nuts; fill each apple. Moisten corners of each pastry square; bring 2 opposite corners up over apple and pinch. Repeat with remaining corners; pinch edges of pastry to seal. Place dumplings in ungreased baking dish, 13 x 9 x 2 inches.

Heat brown sugar and water to boiling; carefully pour around dumplings. Bake, spooning or basting syrup over dumplings 2 or 3 times, until crust is golden and apples are tender, about 40 minutes. Serve warm or cool with cream or sweetened whipped cream if desired.

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Yield:
"6 Dumplings"

Per serving: 645 Calories (kcal); 15g Total Fat; (19% calories from fat); 3g Protein; 131g Carbohydrate; 11mg Cholesterol; 217mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 1/2 Fruit; 2 1/2 Fat; 11 Other Carbohydrates

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Favorite Pastry for 9-Inch Two-Crust Pie

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method
2	cups	all-purpose flour
1	teaspoon	salt
2/3	cup	lard
		OR
2/3	cup	plus 2 tablespoons shortening
4	tablespoons	cold water (4 to 5 tablespoons)

Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons water can be added if necessary).

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divide pastry in half and shape into 2 flattened round on lightly floured cloth-covered surface.

Roll pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.

Turn desired filling into pastry-lined pie plate. Trim overhanging edge of pastry 1/2 inch from rim of plate. Roll other round of pastry. Fold into fourths; cut slits so steam can escape.

Place over filling and unfold. Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll top edge under lower edge, pressing on rim to seal. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into V shape; pinch again to sharpen.

For Baked Pie Shell: Heat oven to 475°. Prick bottom and side thoroughly with fork. Bake 8 to 10 minutes or until light brown; cool.

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Yield:
"2 Crusts"

Per serving: 268 Calories (kcal); 17g Total Fat; (59% calories from fat); 3g Protein; 24g Carbohydrate; 16mg Cholesterol; 267mg Sodium
Food Exchanges: 1 1/2 Grain(starch); 1 Lean Meat; 0 Vegetable; 0 Fruit; 3 1/2 Fat; 0 other Carbohydrates

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Apple-cinnamon Bread

Recipe By : [Brenda](#) Serving Size : 16 Preparation Time :0:00
Categories : Baking with Kids [Breads](#)

Amount	Measure	Ingredient -- Preparation Method
2	cups	shortening
1	cup	cooking apples
1	cup	sugar
1/2	cup	shortening
1	teaspoon	vanilla
2	large	eggs
2	cups	all-purpose flour
1	teaspoon	baking powder
1	teaspoon	baking soda
1	teaspoon	ground cinnamon
1/2	teaspoon	salt
1/2	cup	chopped walnuts
1/2	cup	raisins

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1 tablespoon sugar
1/4 teaspoon ground cinnamon

Heat oven to 350°.

Grease bottom only of loaf pan with:
Shortening

Adult help: Cut apples into fourths, then core, peel and chop to measure 2 cups:

About 2 medium cooking apples

Mix in large bowl with wooden spoon:

1 cup sugar
1/2 cup shortening
1 teaspoon vanilla
2 large eggs

Stir in until smooth (batter will be thick):

2 cups all-purpose flour
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon ground cinnamon
1/2 teaspoon salt

Stir in:

The chopped apples
1/2 cup chopped walnuts
1/2 cup raisins

Spread batter in pan.

Mix in small bowl, then sprinkle over batter:

1 tablespoon sugar
1/4 teaspoon ground cinnamon

Bake 50 to 55 minutes or until toothpick poked about 1 inch from center comes out clean. Adult help: Immediately remove bread from pan to wire rack. Cool. Store bread tightly covered.

1 loaf (16 slices)

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Yield:

"1 Loaf"

Per serving: 221 Calories (kcal); 9g Total Fat; (37% calories from fat); 4g Protein; 32g Carbohydrate; 27mg Cholesterol; 185mg Sodium

Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 1/2 Fat;
1 Other Carbohydrates

NOTES : Utensils You Will Need

Loaf pan, 9 x 5 x 3 inches • Pastry brush • Cutting board • Sharp knives • Large Bowl • Dry-ingredient measuring cups • Measuring spoons • Wooden spoon • Small bowl • Pot holders • Toothpick • Wire cooling rack

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Apple-Filled Coffee Cake

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Cakes Holiday

Amount	Measure	Ingredient -- Preparation Method
1/4	cup	shortening
2	cups	all-purpose flour
2	tablespoons	sugar
3	teaspoons	baking powder
1/2	teaspoon	salt
3/4	cup	milk
1/2	cup	finely chopped peeled or unpeeled apple (about 1 small)
1	tablespoon	sugar
1/2	teaspoon	ground cinnamon
1	tablespoon	margarine -- melted
		Glaze, if desired -- (recipe follows)
		GLAZE
1/3	cup	powdered sugar
1 1/2	teaspoons	milk
1/8	teaspoon	vanilla

Heat oven to 425°. Grease round pan, 8 x 1 1/2 inches, or square pan, 8 x 8 x 2 inches. Cut shortening into flour, 2 tablespoons sugar, the baking powder and salt with pastry blender in large bowl until mixture resembles fine crumbs. Stir in milk until dough leaves side of bowl and forms a ball.

Turn dough onto lightly floured surface; gently roll in flour to coat. Knead lightly 20 to 25 times. Divide dough into 12 equal parts; cover.

Mix apple, 1 tablespoon sugar and the cinnamon. Pat each part dough into 3-inch circle on floured surface. Place 1 rounded teaspoonful apple mixture in center of each circle. Bring edges of dough up over apple mixture; pinch and seal well to form a ball. Arrange balls, seam sides down, in pan. Brush with margarine.

Bake 17 to 19 minutes or until golden brown. Drizzle Glaze over warm coffee cake. Serve warm or let stand until cool.

GLAZE:

Mix all ingredients until smooth.

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Yield:

"1 Cake"

Per serving: 322 Calories (kcal); 12g Total Fat; (33% calories from fat); 5g Protein; 48g Carbohydrate; 4mg Cholesterol; 460mg Sodium
Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 2 1/2 Fat; 1 Other Carbohydrates

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Apple-Raisin Dressing

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Holiday

Amount	Measure	Ingredient -- Preparation Method
3	medium stalks	celery (with leaves) -- chopped (about 1 1/2 cups)
1	medium	onion -- chopped (about 1/2 cup)
1	cup	margarine or butter (2 sticks)
8	cups	soft bread cubes (about 13 slices)
1/2	cup	raisins
1 1/2	teaspoons	salt
1 1/2	teaspoons	dried sage leaves
1/4	teaspoon	pepper
3	medium	tart apples -- chopped (about 3 cups)

Heat oven to 350°. Grease rectangular pan, 13 x 9 x 2 inches, or 3-quart casserole. Cook celery and onion in margarine in 10-inch skillet, stirring frequently, until onion is tender. Stir in about one-third of the bread cubes. Place in deep bowl. Add remaining bread cubes and ingredients; toss. Place in pan.

Cover and bake 15 minutes. Uncover and bake about 15 minutes longer or until hot and slightly crisp.

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Per serving: 507 Calories (kcal); 33g Total Fat; (56% calories from fat); 6g Protein; 49g Carbohydrate; 0mg Cholesterol; 1254mg Sodium
Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 Fruit; 6 1/2 Fat;
0 other Carbohydrates

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Applesauce-Spice Cake

Recipe By :
Serving Size : 16 Preparation Time :0:00
Categories : Cakes Desserts

Amount	Measure	Ingredient -- Preparation Method
2 1/2	cups	all-purpose flour*
2	cups	sugar
1	cup	raisins
1/2	cup	chopped walnuts
1/2	cup	shortening

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1 1/2 cups applesauce
1/2 cup water
1 1/2 teaspoons baking soda
1 1/2 teaspoons salt
3/4 teaspoon ground cinnamon
1/2 teaspoon ground cloves
1/2 teaspoon ground allspice
1/4 teaspoon baking powder
2 eggs

Brown Butter Frosting -- (recipe follows)

BROWNED BUTTER FROSTING
1/3 cup margarine or butter
3 cups powdered sugar
1 1/2 teaspoons vanilla
2 tablespoons milk (about)

Heat oven to 350°. Grease and flour rectangular pan, 13 x 9 x 2 inches, or 2 round pans, 8 or 9 x 1 1/2 inches. Beat all ingredients except Browned Butter Frosting in large mixer bowl on low speed, scraping bowl constantly, 30 seconds. Beat on high speed, scraping bowl occasionally, 3 minutes. Pour into pan(s).

Bake until toothpick inserted in center comes out clean, rectangular 60 to 65 minutes, layers 50 to 55 minutes. Cool layers 10 minutes; remove from pans. Cool completely. Frost rectangular or fill and frost layers with Browned Butter Frosting.

BROWNED BUTTER FROSTING:

Heat margarine over medium heat until delicate brown. Mix in powdered sugar. Beat in vanilla and milk until smooth and of spreading consistency.

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Yield:

"1 Cake"

Per serving: 426 Calories (kcal); 13g Total Fat; (27% calories from fat); 4g Protein; 75g Carbohydrate; 24mg Cholesterol; 381mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fruit; 2 1/2 Fat; 3 Other Carbohydrates

NOTES : *Do not use self-rising flour in this recipe.

Tip

Carefully wipe the knife blade with vegetable oil before chopping the raisins, to prevent sticking.

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Applescotch Pie

Recipe By :
Serving Size : ■ Preparation Time :0:00
Categories : Desserts

Pies

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Amount	Measure	Ingredient -- Preparation Method
5	cups	thinly sliced peeled tart apples (about 5 medium)
1	cup	packed brown sugar
1/4	cup	water
1	tablespoon	lemon juice
1/4	cup	all-purpose flour*
2	tablespoons	granulated sugar
3/4	teaspoon	salt
1	teaspoon	vanilla
3	tablespoons	margarine or butter
		Favorite Pastry for 9-Inch Two-Crust Pie -- (see recipe)

Mix apples, brown sugar, water and lemon juice in 2-quart saucepan. Heat to boiling; reduce heat. Cover and simmer just until apples are tender, 7 to 8 minutes. Mix flour, granulated sugar and salt; stir into apple mixture. Cook, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute; remove from heat. Stir in vanilla and margarine; cool.

Heat oven to 425°. Prepare pastry. Turn apple mixture into pastry-lined pie plate. Cover with top crust that has slits cut in it; seal and flute. Cover edge with 2- to 3-inch strip of aluminum foil to prevent excessive browning; remove foil during last 15 minutes of baking.

Bake until crust is golden brown, 40 to 45 minutes.

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Yield:

"1 Pie"

Per serving: 344 Calories (kcal); 13g Total Fat; (33% calories from fat); 2g Protein; 56g Carbohydrate; 8mg Cholesterol; 395mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 2 1/2 Fat; 2 Other Carbohydrates

NOTES : *If using self-rising flour, omit salt.

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Favorite Pastry for 9-Inch Two-Crust Pie

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method
2	cups	all-purpose flour
1	teaspoon	salt
2/3	cup	lard
		OR
2/3	cup	plus 2 tablespoons shortening
4	tablespoons	cold water (4 to 5 tablespoons)

Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until all

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flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons water can be added if necessary).

Divide pastry in half and shape into 2 flattened round on lightly floured cloth-covered surface.

Roll pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.

Turn desired filling into pastry-lined pie plate. Trim overhanging edge of pastry 1/2 inch from rim of plate. Roll other round of pastry. Fold into fourths; cut slits so steam can escape.

Place over filling and unfold. Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll top edge under lower edge, pressing on rim to seal. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour occasionally to prevent sticking, or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into V shape; pinch again to sharpen.

For Baked Pie Shell: Heat oven to 475°. Prick bottom and side thoroughly with fork. Bake 8 to 10 minutes or until light brown; cool.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Yield:
"2 Crusts"

Per serving: 268 Calories (kcal); 17g Total Fat; (59% calories from fat); 3g Protein; 24g Carbohydrate; 16mg Cholesterol; 267mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fruit; 3 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 ■ 2130706543 2777

* Exported from MasterCook *

Apricot-Ginger Muffins

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
1	cup	plain yogurt
1/3	cup	vegetable oil
2	tablespoons	finely chopped crystallized ginger
1		egg
2	cups	all-purpose flour
1/2	cup	sugar
2	teaspoons	baking powder
1	teaspoon	baking soda
1/2	cup	chopped dried apricots

Heat oven to 400°. Grease bottoms only of 12 medium muffin cups, 2 1/2 x 1 1/4 inches, or line with paper baking cups. Beat yogurt, oil, ginger and

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egg in large bowl. Stir in remaining ingredients except apricots just until flour is moistened. Fold in apricots. Divide batter evenly among muffin cups (cups will be very full). Sprinkle with sugar if desired.

Bake 16 to 18 minutes or until golden brown. Immediately remove from pan.

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Yield:
"12 Muffins"

Per serving: 199 Calories (kcal); 7g Total Fat; (33% calories from fat); 4g Protein; 29g Carbohydrate; 20mg Cholesterol; 202mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates

NOTES : Crystallized ginger is made by cooking pieces of gingerroot in a sugar syrup and then coating them with coarse sugar. Look for crystallized ginger in the spice section of your supermarket.

Nutr. Assoc. : 0 0 3003 0 0 0 0 0 0

* Exported from MasterCook *

Apricot-Pistachio Rolled Pork

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Holiday Pork

Amount	Measure	Ingredient -- Preparation Method
4	pounds	pork boneless top loin roast (single uncut roast)
1/2	cup	chopped dried apricots
1/2	cup	chopped pistachio nuts
2	cloves	garlic -- finely chopped
1/4	teaspoon	salt
1/4	teaspoon	pepper
1/4	cup	apricot brandy
		OR
1/4	cup	apricot nectar
1/4	cup	apricot preserves
		Crunchy Topping -- (recipe follows)
		CRUNCHY TOPPING
1	tablespoon	margarine or butter
1/4	cup	coarsely crushed cracker crumbs
2	tablespoons	chopped pistachio nuts
1/4	teaspoon	garlic salt

To cut pork roast into a large rectangle that can be filled and rolled, cut lengthwise about 1/2 inch from top of pork to within 1/2 inch of opposite edge; open flat. Repeat with other side of pork, cutting from the inside edge to the outer edge; open flat to form rectangle.

Sprinkle apricots, nuts, garlic, salt and pepper over pork to within 1 inch of edge. Tightly roll up pork, beginning with short side. Secure with toothpicks or tie with string. Pierce pork all over with metal skewer. Brush entire surface with brandy. Let stand 15 minutes. Brush again with

brandy. Cover and refrigerate at least 2 hours.

Heat oven to 325°. Place pork, fat side up, on rack in shallow roasting pan. Insert meat thermometer so tip is in thickest part of pork.

Roast uncovered 1 1/2 hours. Brush preserves over pork. Sprinkle with Crunchy Topping. Roast uncovered 30 to 60 minutes longer or until meat thermometer registers 160°. Cover and let stand 15 minutes before serving for easier carving.

CRUNCHY TOPPING:

Heat margarine in 2-quart saucepan over medium heat until melted. Stir in remaining ingredients. Cook and stir 1 minute; cool.

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Per serving: 352 Calories (kcal); 19g Total Fat; (50% calories from fat); 30g Protein; 12g Carbohydrate; 79mg Cholesterol; 183mg Sodium
Food Exchanges: 0 Grain(Starch); 4 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat;
1/2 other Carbohydrates

Nutr. Assoc. : 4591 0 1139 0 0 0 ■ ■ 2130706543 0 2130706543 0 0 4098 5696
1139 0

* Exported from MasterCook *

Asparagus with Gruyère

Recipe By : **■** Preparation Time :0:00
Serving Size : **■** Categories : **Holiday** **vegetables**

Amount	Measure	Ingredient -- Preparation Method
1 1/2	pounds	asparagus*
1/2	teaspoon	salt
1/4	cup	margarine or butter (1/2 stick)
1/2	cup	grated Gruyère cheese
		OR
1/2	cup	grated Parmesan cheese

Heat oven to 350°. Break off tough ends of asparagus as far down as stalks snap easily. Arrange in single layer in ungreased rectangular baking dish, 11 x 7 x 1 1/2 inches. Sprinkle with salt. Cover with aluminum foil.

Bake about 25 minutes or until tender.

Heat margarine over low heat until light brown; drizzle over asparagus. Sprinkle with cheese.

Bake uncovered 5 to 8 minutes or just until cheese softens.

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Per serving: 119 Calories (kcal); 11g Total Fat; (77% calories from fat); 4g Protein; 3g Carbohydrate; 10mg Cholesterol; 298mg Sodium
Food Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates

NOTES : *2 packages (10 ounces each) frozen asparagus spears can be substituted for the fresh asparagus. Rinse asparagus with cold water to separate; drain. Increase first bake time to about 35 minutes.

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* Exported from MasterCook *

Baked Alaska Pumpkin Pie

Recipe By :
Serving size : 8 Preparation Time :0:00
Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method
		Favorite Pastry for 9-Inch One-Crust Pie -- (see recipe)
1	3/4 cup	sugar
	teaspoon	ground cinnamon
	1/2 teaspoon	salt
	1/2 teaspoon	ground ginger
	1/4 teaspoon	ground cloves
3		egg yolks -- slightly beaten
1	{16 ounce} can	pumpkin
1	{13 ounce} can	evaporated milk
1	pint	vanilla or toffee chip ice cream
		Brown Sugar Meringue -- (recipe follows)
		BROWN SUGAR MERINGUE
3		egg whites
	1/4 teaspoon	cream of tartar
■	tablespoons	packed brown sugar
	1/2 teaspoon	vanilla

Heat oven to 425°. Prepare pastry. Mix remaining ingredients except ice cream and meringue. Pour into pastry-lined pie plate.

Bake 15 minutes. Reduce oven temperature to 350°. Bake until knife inserted in center comes out clean, about 45 minutes longer.

Refrigerate baked pie at least 1 hour. Soften ice cream slightly; press into waxed paper-lined pie plate, 8 x 1 1/2 inches. Freeze until solid.

Just before serving, heat oven to 500°. Prepare Brown Sugar Meringue. Unmold ice cream and invert on pie; remove waxed paper. Spoon meringue onto pie, covering ice cream completely and sealing meringue to edge of crust. Bake until golden brown, 2 to 3 minutes. Serve immediately.

BROWN SUGAR MERINGUE:

Beat egg whites and cream of tartar until foamy. Beat in brown sugar, 1 tablespoon at a time; continue beating until stiff and glossy. Do not underbeat. Beat in vanilla.

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Yield:

"1 Pie"

Per serving: 424 Calories (kcal); 18g Total Fat; (37% calories from fat); 9g Protein; 58g Carbohydrate; 116mg Cholesterol; 373mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 3 1/2 Fat;
2 1/2 Other Carbohydrates

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Favorite Pastry for 9-Inch One-Crust Pie

Recipe By :
Serving Size : 8 Preparation Time : 0:00
Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method
1	cup	all-purpose flour
1/2	teaspoon	salt
1/3	cup	lard
		OR
1/3	cup	plus 1 tablespoon shortening
2	tablespoons	cold water (2 to 3 tablespoons)

Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons water can be added if necessary).

Gather pastry into ball; shape into flattened round on lightly floured cloth-covered surface.

Roll pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.

Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll pastry under, even with plate. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. Or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into V shape; pinch again to sharpen. Fill and bake as directed in recipe.

For Baked Pie Shell: Heat oven to 475°. Prick bottom and side thoroughly with fork. Bake ■ to 10 minutes or until light brown; cool.

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yield:
"1 Crust"

Per serving: 134 Calories (kcal); 9g Total Fat; (59% calories from fat); 2g Protein; 12g Carbohydrate; 8mg Cholesterol; 134mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

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Baked Barbecued Chicken

Recipe By :
Serving Size : 1 Preparation Time : 0:00
Categories : Main and Side Dishes Poultry

Amount	Measure	Ingredient -- Preparation Method
1/4	cup	margarine or butter (1/2 stick)
2 1/2	pounds	cut-up broiler-fryer chicken (2 1/2 to 3-pounds)
1	cup	ketchup
1/2	cup	water
1/4	cup	lemon juice
1	tablespoon	Worcestershire sauce
2	teaspoons	paprika
1/2	teaspoon	salt
1	medium	onion -- finely chopped (about 1/2 cup)
1	clove	garlic -- finely chopped

Heat oven to 375°. Heat margarine in rectangular pan, 13 x 9 x 2 inches, in oven. Place chicken in margarine, turning to coat. Arrange skin side down in pan. Bake uncovered 30 minutes.

Mix remaining ingredients in 1-quart saucepan. Heat to boiling; remove from heat. Drain fat from chicken. Bake uncovered until thickest pieces are done and juices of chicken run clear, about 30 minutes longer.

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Per serving: 400 calories (kcal); 27g Total Fat; (60% calories from fat); 25g Protein; 14g Carbohydrate; 96mg Cholesterol; 857mg Sodium
Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 3 1/2 Fat; 1 Other Carbohydrates

NOTES : Grilled Barbecue Chicken: Cover and grill chicken, bone sides down, 4 to 5 inches from medium coals, 25 minutes. Prepare sauce as directed. Turn chicken. Grill until thickest pieces are done, turning and brushing frequently with sauce, 30 to 40 minutes.

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Baked Chicken and Rice

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Main and Side Dishes Poultry

Amount	Measure	Ingredient -- Preparation Method
1	2 1/2 pound	cut-up broiler-fryer chicken (2 1/2 to 3-pounds)
3/4	teaspoon	salt
1/4	teaspoon	paprika (1/4 to 1/2 teaspoon)
1/4	teaspoon	pepper
2 1/2	cups	chicken broth
1	cup	uncooked regular long grain rice
1	medium	onion -- chopped (about 1/2 cup)
1	clove	garlic -- finely chopped
1/2	teaspoon	salt
1 1/2	teaspoons	chopped fresh oregano OR
1/2	teaspoon	dried oregano leaves
1/8	teaspoon	ground turmeric
1	bay leaf	
2	cups	shelled fresh green peas* Pimiento strips Pitted ripe olives

Heat oven to 350°. Place chicken, skin sides up, in ungreased rectangular baking dish, 13 x 9 x 2 inches. Sprinkle with salt, paprika and pepper. Bake uncovered 30 minutes.

Heat broth to boiling. Remove chicken and drain fat from dish. Mix broth, rice, onion, garlic, salt, oregano, turmeric, bay leaf and peas in baking dish. Top with chicken. Cover with aluminum foil and bake until rice and thickest pieces of chicken are done and liquid is absorbed, about 30 minutes. Remove bay leaf. Top with pimiento strips and olives.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"This hearty favorite is based on a traditional Spanish recipe, Arroz con Pollo, "chicken with rice." A specialty of Mexico and Puerto Rico, this classic dish is especially popular in the southwestern United States."

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Per serving: 454 Calories (kcal); 20g Total Fat; (41% calories from fat); 31g Protein; 34g Carbohydrate; 93mg Cholesterol; 858mg Sodium
Food Exchanges: 2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates

NOTES : *1 package (10 ounces) frozen green peas, thawed and drained, can be substituted for the fresh green peas.

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Baked Rice with Green Chiles

Recipe By :

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Serving Size : 5 Preparation Time :0:00
Categories : Main and Side Dishes Rice and Grains

Amount	Measure	Ingredient -- Preparation Method
3	cups	cooked white rice
1	cup	sour cream
1/2	cup	shredded Monterey Jack cheese (2 ounces)
1/2	cup	shredded cheddar cheese (2 ounces)
1	teaspoon	chile powder (1 to 2 teaspoons)
2	(4 ounce) cans	chopped green chiles -- drained

Heat oven to 350°. Mix all ingredients in ungreased 2-quart casserole. Bake uncovered 30 minutes.

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T(Bake):
"0:30"

Per serving: 345 Calories (kcal); 17g Total Fat; (45% calories from fat); 11g Protein; 37g Carbohydrate; 42mg Cholesterol; 165mg Sodium
Food Exchanges: 2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates

NOTES : TIP
Want to reduce fat and calories? Use low-fat or fat-free sour cream and reduced-fat cheeses.
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Baking Powder Biscuits

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
1/3	cup	shortening
1 3/4	cups	all-purpose flour*
2 1/2	teaspoons	baking powder
3/4	teaspoon	salt
3/4	cup	milk

Heat oven to 450°. Cut shortening into flour, baking powder and salt with pastry blender until mixture resembles fine crumbs. Stir in just enough milk so dough leaves side of bowl and rounds up into a ball. (Too much milk makes dough sticky; not enough milk makes biscuits dry.)

Turn dough onto lightly floured surface. Knead lightly 10 times. Roll or pat to 1/2 inch thick. Cut with floured 2-inch biscuit cutter. Place on ungreased cookie sheet about 1 inch apart for crusty sides, touching for soft sides.

Bake until golden brown, 10 to 12 minutes. Immediately remove from cookie sheet.

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Yield:

"12 Biscuits"

Per serving: 127 Calories (kcal); 6g Total Fat; (45% calories from fat); 2g Protein; 15g Carbohydrate; 2mg Cholesterol; 243mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

NOTES : *If using self-rising flour, omit baking powder and salt.

Biscuit sticks: Heat 1/3 cup margarine or butter in baking pan, 9 x 9 x 2 inches, in oven until melted; remove from oven. Roll dough into 8-inch square. Cut dough into halves; cut each half into eight 1-inch strips. Dip strips into margarine, coating all sides. Arrange strips in 2 rows in pan. Bake until golden brown, about 15 minutes. 16 sticks.

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Banana Cream Pie

Recipe By :

Serving Size : 8 Preparation Time :0:00

Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method

3	medium bananas	Favorite Pastry for 9-Inch One-Crust Pie -- (see recipe)
1	(8 ounce) package cream cheese -- softened	
1	(14 ounce) can sweetened condensed milk	
1/3	cup lemon juice	
1	teaspoon vanilla	

Bake pie shell. Slice 2 of the bananas; arrange in pie shell. Beat cream cheese in small mixer bowl on medium speed until light and fluffy. Gradually beat in milk until well blended. Beat in lemon juice and vanilla. Pour into pie shell.

Refrigerate until firm, at least 2 hours. Slice remaining banana; arrange on pie.

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Yield:

"1 Pie"

Per serving: 437 Calories (kcal); 23g Total Fat; (46% calories from fat); 8g

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Protein: 51g Carbohydrate: 56mg Cholesterol: 281mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1/2 Fruit; 4 1/2 Fat; 2 Other Carbohydrates

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Favorite Pastry for 9-Inch One-Crust Pie

Recipe By :
Serving Size : 8 Preparation Time : 0:00
Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method
1	cup	all-purpose flour
1/2	teaspoon	salt
1/3	cup	lard
		OR
1/3	cup	plus 1 tablespoon shortening
2	tablespoons	cold water (2 to 3 tablespoons)

Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons water can be added if necessary).

Gather pastry into ball; shape into flattened round on lightly floured cloth-covered surface.

Roll pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.

Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll pastry under, even with plate. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. Or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into V shape; pinch again to sharpen. Fill and bake as directed in recipe.

For Baked Pie Shell: Heat oven to 475°. Prick bottom and side thoroughly with fork. Bake 8 to 10 minutes or until light brown; cool.

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Yield:
"1 Crust"

Per serving: 134 Calories (kcal); 9g Total Fat; (59% calories from fat); 2g Protein; 12g Carbohydrate; 8mg Cholesterol; 134mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

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Banana Oatmeal Cake

Recipe By :
Serving Size : 15 Preparation Time :0:00
Categories : Baking with Kids Cakes

Amount	Measure	Ingredient --- Preparation Method
		Shortening
1 1/2	cups	mashed very ripe bananas (4 medium)
3/4	cup	sugar
2/3	cup	vegetable oil
2/3	cup	buttermilk
1	teaspoon	vanilla
1	large	egg
1 1/3	cups	all-purpose flour
1	cup	quick-cooking or regular oats
2	teaspoons	baking soda
1 1/2	teaspoons	ground cinnamon
1	teaspoon	baking powder
1/2	teaspoon	ground cloves
2/3	cup	chopped nuts
2/3	cup	raisins

Heat oven to 350°.

Grease rectangular pan with
shortening

Beat in large bowl with wooden spoon:

1 1/2 cups mashed very ripe bananas (4 medium)
3/4 cup sugar
2/3 cup vegetable oil
2/3 cup buttermilk
1 teaspoon vanilla
1 large egg

Mix in:

1 1/3 cups all-purpose flour
1 cup quick-cooking or regular oats
2 teaspoons baking soda
1 1/2 teaspoons ground cinnamon
1 teaspoon baking powder
1/2 teaspoon ground cloves

Stir in:

2/3 cup chopped nuts
2/3 cup raisins

Spread batter in pan.

Bake 30 to 35 minutes or until toothpick poked in center comes out clean.
Cool completely on wire rack.

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approved Betty Crocker® Recipe.

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Yield:
"1 Cake"

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Per serving: 275 Calories (kcal); 14g Total Fat; (45% calories from fat); 4g Protein; 35g Carbohydrate; 13mg Cholesterol; 218mg Sodium
Food Exchanges: 1 Grain(Starch); 1 Lean Meat; 1 Vegetable; 1/2 Fruit; 2 1/2 Fat;
1/2 Other Carbohydrates

NOTES : Utensils You Will Need

Optional Tools You Will Need:
Rectangular pan, 13 x 9 x 2 inches • Pastry brush • Large bowl • Liquid measuring cup • Dry-ingredient measuring cups • Fork • Measuring spoons • Wooden spoon • Pot holders • Toothpick • Wire cooling rack

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Banana-Blueberry Muffins

Recipe By : [Linda](#) Serving Size : 12 Preparation Time :0:00
Categories : Baking with kids [Breads](#)

Amount	Measure	Ingredient -- Preparation Method
2/3	cup	milk
1/4	cup	vegetable oil
1/2	cup	mashed ripe banana (about 1 medium)
1 2		egg
	cups	all-purpose flour
	cup	sugar
2 1/2	teaspoons	baking powder
1/2	teaspoon	salt
1/4	teaspoon	ground nutmeg
1	cup	fresh or frozen (thawed and well-drained) blueberries

Heat oven to 400°. Grease bottoms only of 12 medium muffin cups, 2 1/2 x 1 1/4 inches, or line with paper baking cups. Beat milk, oil, banana and egg in large bowl. Stir in remaining ingredients except blueberries just until flour is moistened. Fold in blueberries. Divide batter evenly among muffin cups (cups will be almost full). Sprinkle with sugar if desired.

Bake 18 to 20 minutes or until golden brown. Immediately remove from pan.

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yield:

"12 Muffins"

Per serving: 189 Calories (kcal); 6g Total Fat; (26% calories from fat); 3g Protein; 32g Carbohydrate; 17mg Cholesterol; 202mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1/2 Fruit; 1 Fat; 1 Other Carbohydrates

NOTES : If you can't use up all of your ripe bananas, freeze them in their peels. When you're ready to bake with them, just thaw them and they'll be ready to use.

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Banana-Nut Bread

Recipe By :
Serving Size : 24 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
1 1/4	cups	sugar
1/2	cup	margarine or butter (1 stick) -- softened
2		eggs
1 1/2	cups	mashed ripe bananas
1/2	cup	buttermilk
1	teaspoon	vanilla
2 1/2	cups	all-purpose flour
2	teaspoons	baking powder
1/2	teaspoon	salt
1/4	teaspoon	baking soda
1	cup	chopped walnuts or pecans

Heat oven to 350°. Grease bottoms only of 2 loaf pans, 8 1/2 x 4 1/2 x 2 1/2 inches, or 1 loaf pan, 9 x 5 x 3 inches. Mix sugar and margarine in large bowl. Stir in eggs. Add bananas, buttermilk and vanilla until smooth; beat until smooth. Stir in flour, baking powder, salt and baking soda just until flour is moistened. Stir in walnuts. Pour into pans.

Bake 8-inch loaves about 1 hour, 9-inch loaf about 1 hour 15 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes. Loosen sides of loaves from pans; remove from pans. Cool completely on wire rack before slicing. Store tightly wrapped in refrigerator up to 1 week.

2 loaves (12 slices each) or 1 loaf (24 slices)

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Yield:
"2 Loaves"

Per serving: 174 Calories (kcal); 7g Total Fat; (36% calories from fat); 3g Protein; 25g Carbohydrate; 16mg Cholesterol; 153mg Sodium
Food Exchanges: 1/2 Grain(starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat;
1/2 Other Carbohydrates

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Basic Pizza Dough for One Crust

Recipe By :
Serving Size : 2 Preparation Time :0:00
Categories : Main and Side Dishes

Amount Measure Ingredient -- Preparation Method

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1	package	active dry yeast
1/2	cup	warm water (105° to 115°)
1 1/4	cups	all purpose flour* (1 1/4 to 1 1/2 cups)
1	teaspoon	olive oil
1/2	teaspoon	salt
1/4	teaspoon	sugar

Dissolve yeast in warm water in large bowl. Stir in half of the flour, the oil, salt and sugar. Stir in enough of the remaining flour to make dough easy to handle. Turn dough onto lightly floured surface; knead about 10 minutes or until smooth and elastic. Place in greased bowl; turn greased side up. Cover and let rise in warm place for 20 minutes.

Punch down dough. Cover and refrigerate for at least 2 hours but no longer than 48 hours. (Punch down dough as necessary.)

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"Everyone loves pizza! This dough is great for Classic Four Seasons Pizza (see recipe) or to make pizza with your favorite toppings."

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Yield:

"1 Crust"

Per serving: 317 Calories (kcal); 3g Total Fat; (9% calories from fat); 9g Protein; 61g Carbohydrate; 0mg Cholesterol; 538mg Sodium
Food Exchanges: 4 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : *If using self-rising flour, omit salt. One cup whole wheat flour can be substituted for 1 cup of the all-purpose flour if desired.

Tip

One pizza too many? Wrap the partially baked extra pizza, label and freeze no longer than two months. Heat oven to 375°. Bake a thin-crust pizza on a greased cookie sheet uncovered about 25 minutes and a thick-crust pizza about 55 minutes.

Nutr. Assoc. : ■ 5472 14 0 0 ■

* Exported from MasterCook *

Basic Pizza Dough for Three Crusts

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Main and Side Dishes

Amount	Measure	Ingredient -- Preparation Method
2	packages	active dry yeast
1 1/2	cups	warm water (105° to 115°)
3 3/4	cups	all-purpose flour* (3 3/4 to 4 cups)
1	tablespoon	olive oil
1	teaspoon	salt
1/2	teaspoon	sugar

Dissolve yeast in warm water in large bowl. Stir in half of the flour, the oil, salt and sugar. Stir in enough of the remaining flour to make dough easy to handle. Turn dough onto lightly floured surface; knead about 10

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minutes or until smooth and elastic. Place in greased bowl; turn greased side up. Cover and let rise in warm place for 20 minutes.

Punch down dough. Cover and refrigerate for at least 2 hours but no longer than 48 hours. (Punch down dough as necessary.)

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"Everyone loves pizza! This dough is great for Classic Four Seasons Pizza (see recipe) or to make pizza with your favorite toppings."

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Yield:

"3 Crusts"

Per serving: 312 Calories (kcal); 3g Total Fat; (9% calories from fat); 9g Protein; 61g Carbohydrate; 0mg Cholesterol; 360mg Sodium
Food Exchanges: 4 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : "If using self-rising flour, omit salt. One cup whole wheat flour can be substituted for 1 cup of the all-purpose flour if desired.

Tip

One pizza too many? Wrap the partially baked extra pizza, label and freeze no longer than two months. Heat oven to 375°. Bake a thin-crust pizza on a greased cookie sheet uncovered about 25 minutes and a thick-crust pizza about 55 minutes.

Nutr. Assoc. : 0 5472 14 0 0 0

* Exported from MasterCook *

Basic Pizza Dough for Two Crusts

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Main and Side Dishes

Amount	Measure	Ingredient -- Preparation Method
2	packages	active dry yeast
1	cup	warm water (105° to 115°)
2 1/3	cups	all-purpose flour* (2 1/3 to 2 2/3 cups)
2	teaspoons	olive oil
1	teaspoon	salt
1/2	teaspoon	sugar

Dissolve yeast in warm water in large bowl. Stir in half of the flour, the oil, salt and sugar. Stir in enough of the remaining flour to make dough easy to handle. Turn dough onto lightly floured surface; knead about 10 minutes or until smooth and elastic. Place in greased bowl; turn greased side up. Cover and let rise in warm place for 20 minutes.

Punch down dough. Cover and refrigerate for at least 2 hours but no longer than 48 hours. (Punch down dough as necessary.)

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Description:

"Everyone loves pizza! This dough is great for Classic Four Seasons Pizza (see recipe) or to make pizza with your favorite toppings."

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Yield:

"2 Crusts"

Per serving: 198 calories (kcal); 2g Total Fat; (9% calories from fat); 6g Protein; 38g Carbohydrate; 0mg Cholesterol; 359mg Sodium
Food Exchanges: 2 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : *If using self-rising flour, omit salt. One cup whole wheat flour can be substituted for 1 cup of the all-purpose flour if desired.

Tip

One pizza too many? Wrap the partially baked extra pizza, label and freeze no longer than two months. Heat oven to 375°. Bake a thin-crust pizza on a greased cookie sheet uncovered about 25 minutes and a thick-crust pizza about 55 minutes.

Nutr. Assoc. : 0 5472 14 0 0 0

* Exported from MasterCook *

Basil Brie in Pastry

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Appetizers

Holiday

Amount	Measure	Ingredient -- Preparation Method
2	tablespoons	grated Parmesan cheese
2	tablespoons	finely chopped fresh basil
		OR
2	teaspoons	dried basil leaves
1	(14 ounce) round	Brie cheese
1/2	(17 1/4 ounce) package	frozen puff pastry -- thawed

Heat oven to 400°. Grease cookie sheet. Mix Parmesan cheese and basil. Cut cheese round horizontally into 2 layers. Sprinkle basil mixture evenly over cut surface. Reassemble cheese round.

Roll pastry into rectangle, 12 x 10 inches, on lightly floured surface. Cut out one 10-inch circle. Place cheese in center. Bring pastry up and over cheese. Press to make smooth and even. Brush pastry lightly with water and press gently to seal. Place pastry-wrapped cheese, seam side down, on cookie sheet. Cut decorations for remaining pastry if desired; moisten pastry with water to attach.

Bake about 25 minutes or until golden brown. Cool on cookie sheet on wire rack 30 minutes before serving. Serve with assorted crackers or fruit, if desired.

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"0:25"

Per serving: 456 Calories (kcal); 35g Total Fat; (68% calories from fat); 17g Protein; 19g Carbohydrate; 67mg Cholesterol; 551mg Sodium
Food Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; ■ Vegetable; 0 Fruit; 5 Fat; 0 Other Carbohydrates

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* Exported from MasterCook *

Beef Enchiladas

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Beef Main and Side Dishes

Amount	Measure	Ingredient -- Preparation Method
1	pound	lean ground beef
1	medium	onion -- chopped (1/2 cup)
1/2	cup	sour cream
1	cup	shredded cheddar cheese (4 ounces)
2	tablespoons	chopped fresh parsley
1/4	teaspoon	pepper
1/3	cup	chopped green bell pepper
2/3	cup	water
1	tablespoon	chile powder
1 1/2	teaspoons	chopped fresh oregano
		OR
1/2	teaspoon	dried oregano leaves
1/4	teaspoon	ground cumin
2	whole	green chiles -- chopped, if desired
1	clove	garlic -- finely chopped
1	(15 ounce) can	tomato sauce
8		corn tortillas (6 inches in diameter) Shredded cheese, sour cream and chopped onions, if desired

Heat oven to 350°. Cook beef in 10-inch skillet over medium heat ■ to 10 minutes, stirring occasionally, until brown; drain. Stir in onion, sour cream, 1 cup cheese, the parsley and pepper. Cover and set aside.

Heat bell pepper, water, chile powder, oregano, cumin, chiles, garlic and tomato sauce to boiling, stirring occasionally; reduce heat to low. Simmer uncovered 5 minutes. Pour into ungreased pie plate, 9 x 11/4 inches.

Dip each tortilla into sauce to coat both sides. Spoon about 1/4 cup beef mixture onto each tortilla; roll tortilla around filling. Place in ungreased rectangular baking dish, 11 x 7 x 1 1/2 inches. Pour remaining sauce over enchiladas.

Bake uncovered about 20 minutes or until bubbly. Garnish with shredded cheese, sour cream and chopped onion.

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T(Bake):

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"0:20"

Per serving: 564 Calories (kcal); 31g Total Fat; (48% calories from fat); 35g Protein; 39g Carbohydrate; 113mg Cholesterol; 998mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 4 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 3 1/2 Fat; 0 Other Carbohydrates

NOTES : Cheese Enchiladas: Substitute 2 cups shredded Monterey Jack cheese (8 ounces) for the beef. Mix with onion, sour cream, 1 cup cheese, the parsley, salt and pepper. Sprinkle 1/4 cup shredded Cheddar cheese (1 ounce) on enchiladas before baking.

Nutr. Assoc. : 9018 0 0 4922 0 0 0 ■ 2614 26053 ■ 2130706543 0 3577 0 0
2883 2130706543

* Exported from MasterCook *

Berliner Kranzer

Recipe By :
Serving Size : 72 Preparation Time :0:00
Categories : Cookies & Brownies Holiday

Amount	Measure	Ingredient -- Preparation Method
1	cup	sugar
3/4	cup	margarine or butter (1 1/2 sticks) -- softened
3/4	cup	shortening
2	teaspoons	grated orange peel
2		eggs
4	cups	all-purpose flour
1		egg white
2	tablespoons	sugar
		Red candied cherries
		Green candied citron

Heat oven to 400°. Mix 1 cup sugar, the margarine, shortening, orange peel and eggs in large bowl. Mix in flour. Shape dough by rounded teaspoonfuls into ropes, 1 inches long. Form each rope into a circle, crossing ends and tucking under. (This shaping method is easier than the traditional method of tying knots.) Place on ungreased cookie sheet.

Beat egg white and 2 tablespoons sugar until foamy; brush over tops of cookies. Press bits of red candied cherries on center of knot for holly berries. Add "leaves" cut from green candied citron.

Bake 10 to 12 minutes or until set but not brown. Immediately remove from cookie sheet. Cool on wire rack.

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Description:

"we have made these German wreath-shaped cookies a bit easier than the traditional shaping method, to speed your holiday baking."

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Yield:

"72 Cookies"

Per serving: 75 calories (kcal); 4g Total Fat; (50% calories from fat); 1g

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Protein: 8g Carbohydrate: 5mg Cholesterol: 25mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

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Berry Pie

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method
		Lattice Top -- (recipe follows)
1	cup	sugar
1/3	cup	all-purpose flour*
4	cups	fresh berries (raspberries, blackberries, boysenberries)
2	tablespoons	margarine or butter
		Milk

LATTICE TOP

Favorite Pastry for 9-Inch Two-Crust Pie -- (see recipe)

Heat oven to 425°. Prepare Lattice Top. Mix sugar and flour; gently stir in berries. Turn into pastry-lined pie plate; dot with margarine. Arrange pastry strips on filling as directed; trim ends, seal and flute, building up high edge. Brush pastry with milk; sprinkle with sugar if desired. Cover edge with 2- to 3-inch strip of aluminum foil to prevent excessive browning; remove foil during last 15 minutes of baking.

Bake until crust is golden brown, 35 to 40 minutes.

LATTICE TOP:

Prepare pastry for 9-inch Two-Crust Pie as directed-except leave 1 inch overhang on lower crust. After rolling pastry for top crust, cut into 10 strips, about 1/2 inch wide. (Pastry wheel can be used for more decorative strips.) Place 5 strips across filling. Weave a cross-strip through center by first folding back every other strip going the other way. Continue weaving until lattice is complete, folding back alternate strips each time cross-strip is added.

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Yield:
"1 Pie"

Per serving: 306 Calories (kcal); 12g Total Fat; (34% calories from fat); 3g Protein; 48g Carbohydrate; 8mg Cholesterol; 167mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 2 1/2 Fat; 1 1/2 Other Carbohydrates

NOTES : *self-rising flour can be used in this recipe.

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Blueberry Pie: Decrease sugar to 1/2 cup, add 1/2 teaspoon ground cinnamon and use 4 cups fresh blueberries. Sprinkle blueberries with 1 tablespoon lemon juice before dotting with margarine.

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Favorite Pastry for 9-Inch Two-Crust Pie

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method
2	cups	all-purpose flour
1	teaspoon	salt
2/3	cup	lard
		OR
2/3	cup	plus 2 tablespoons shortening
4	tablespoons	cold water (4 to 5 tablespoons)

Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons water can be added if necessary).

Divide pastry in half and shape into 2 flattened round on lightly floured cloth-covered surface.

Roll pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.

Turn desired filling into pastry-lined pie plate. Trim overhanging edge of pastry 1/2 inch from rim of plate. Roll other round of pastry. Fold into fourths; cut slits so steam can escape.

Place over filling and unfold. Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll top edge under lower edge, pressing on rim to seal. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. Or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into V shape; pinch again to sharpen.

For Baked Pie Shell: Heat oven to 475°. Prick bottom and side thoroughly with fork. Bake 8 to 10 minutes or until light brown; cool.

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Yield:

"2 Crusts"

Per serving: 268 Calories (kcal); 17g Total Fat; (59% calories from fat); 3g Protein; 24g Carbohydrate; 16mg Cholesterol; 267mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 3 1/2 Fat; 0 Other Carbohydrates

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Best Chocolate Cake with Fudge Frosting

Recipe By :
Serving Size : 16 Preparation Time :0:00
Categories : Cakes Desserts

Amount	Measure	Ingredient -- Preparation Method
2	cups	all-purpose flour
2	cups	sugar
1/2	cup	shortening
3/4	cup	water
3/4	cup	buttermilk
1	teaspoon	baking soda
1	teaspoon	salt
1	teaspoon	vanilla
1/2	teaspoon	baking powder
2		eggs
4	ounces	unsweetened chocolate -- melted and cooled
		Fudge Frosting -- (recipe follows)
		FUDGE FROSTING
2	cups	sugar
1/2	cup	shortening
2/3	cup	milk
1/2	teaspoon	salt
3	ounces	unsweetened chocolate
2	teaspoons	vanilla

Heat oven to 350°. Grease and flour rectangular pan, 13 x 9 x 2 inches, 3 round pans, 8 x 1 1/2 inches, or 2 round pans, 9 x 1/2 inches. Beat all ingredients except Fudge Frosting in large bowl on low speed 30 seconds, scraping bowl constantly. Beat on high speed 3 minutes, scraping bowl occasionally. Pour into pan(s).

Bake rectangular pan 40 to 45 minutes, round pans 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool rounds 10 minutes; remove from pans.

Cool completely. Prepare Fudge Frosting; frost cake. (Fill layers with 1/3 cup frosting; frost side and top with remaining frosting.)

FUDGE FROSTING:

Mix all ingredients except vanilla in 2 1/2-quart saucepan. Heat to rolling boil, stirring occasionally. Boil 1 minute without stirring. Place saucepan in bowl of ice and water. Beat until frosting is smooth and of spreading consistency; stir in vanilla.

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Description:

"A chocolate treat that's a satisfying ending to any meal."

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Yield:

"1 Cake"

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Per serving: 450 Calories (kcal); 21g Total Fat; (39% calories from fat); 4g Protein; 67g Carbohydrate; 25mg Cholesterol; 321mg Sodium
Food Exchanges: 1 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Fruit; 4 Fat; 3 1/2 Other Carbohydrates

NOTES : For a quicker cake, try the sheet cake in the 13 x 9 x 2-inch pan.
Nutr. Assoc. : 0 0 0 0 0 0 0 3218 2130706543 0 0 0 0 0 0 0

* Exported from MasterCook *

Bittersweet Chocolate Cheesecake with White Truffle Sauce

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Cakes Desserts

Amount	Measure	Ingredient -- Preparation Method
2	(8 ounce) packages	cream cheese -- softened
1	teaspoon	vanilla
2/3	cup	sugar
1	tablespoon	all-purpose flour
3		eggs
■	ounces	bittersweet chocolate -- melted and cooled
		white Truffle Sauce -- (recipe follows)
		WHITE TRUFFLE SAUCE
1	(6 ounce) package	white chocolate (white baking bar) -- chopped
2	tablespoons	margarine or butter
1/2	cup	whipping (heavy) cream

Heat oven to 275°. Lightly grease springform pan, 9 x 3 inches. Beat cream cheese and vanilla on medium speed in medium bowl until smooth. Gradually add sugar, beating until fluffy. Beat in flour. Beat in eggs, one at a time. Beat in chocolate; pour into pan.

Bake about 1 hour 15 minutes or until center is firm. Cool 15 minutes. Run metal spatula along side of cheesecake to loosen before and after refrigerating. Cover and refrigerate about 3 hours or until chilled. Meanwhile, prepare white Truffle Sauce.

Remove cheesecake from side of pan. Let cheesecake stand at room temperature 15 minutes before cutting. Serve cheesecake with sauce and, if desired, fresh raspberries or strawberries. Refrigerate any remaining cheesecake.

WHITE TRUFFLE SAUCE:

Heat baking bar and margarine in heavy 2-quart saucepan over low heat, stirring constantly, until melted (mixture will be thick and grainy); remove from heat. Stir in whipping cream until smooth. Cover and refrigerate about 2 hours or until chilled.

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Yield:
"1 Cake"
T(Bake):
"1:15"

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Per serving: 416 Calories (kcal); 35g Total Fat; (69% calories from fat); 7g Protein; 27g Carbohydrate; 102mg Cholesterol; 157mg Sodium
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; ■ Vegetable; 0 Fruit; 6 1/2 Fat; 1 1/2 Other Carbohydrates

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* Exported from MasterCook *

Bittersweet Chocolate Cream Cheese Cookies

Recipe By :
Serving Size : 72 Preparation Time :0:00
Categories : Cookies & Brownies Holiday

Amount	Measure	Ingredient -- Preparation Method
1	cup	sugar
1/2	cup	margarine or butter (1 stick) -- softened
1 1/2	teaspoons	vanilla
1		egg
1	(3 ounce) package	cream cheese -- softened
3	ounces	bittersweet or semisweet chocolate -- melted and cooled
2 1/2	cups	all-purpose flour
1/2	teaspoon	baking powder
1/2	teaspoon	salt
■	ounces	vanilla-flavored candy coating -- melted
3/4	cup	finely crushed peppermint candies
	OR	
3/4	cup	finely chopped pistachio nuts

Heat oven to 375°. Mix sugar, margarine, vanilla, egg, cream cheese and chocolate in large bowl until smooth. Mix flour, baking powder and salt; stir into margarine mixture.

Divide dough in half. Roll each half 1/8 inch thick on lightly floured cloth-covered surface with cloth-covered rolling pin. Cut into desired shapes with cookie cutters. Place about 1 inch apart on ungreased cookie sheet.

Bake ■ to 10 minutes or until dry and set. Remove from cookie sheet. Cool on wire rack.

Roll edge of cookies about 1/4 inch deep in candy coating; immediately roll in candies. Place on waxed paper. Let stand about 10 minutes or until coating is set.

About 6 dozen 2 1/2-inch cookies

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Yield:
"72 Cookies"

Per serving: 71 calories (kcal); 3g Total Fat; (39% calories from fat); 1g
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Protein: 10g Carbohydrate: 4mg Cholesterol: 41mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

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Black and Gold Fruitcake

Recipe By :
Serving Size : 32 Preparation Time : 0:00
Categories : Cakes Holiday

Amount	Measure	Ingredient -- Preparation Method
3	cups	Bisquick original baking mix
1	cup	sugar
■		eggs
1	teaspoon	almond extract
1 1/2	cups	dried apricots (about 8 ounces)
1	cup	candied pineapple
1	cup	golden raisins
1	teaspoon	ground cinnamon
2	teaspoons	vanilla
3	ounces	semisweet chocolate -- melted and cooled
1	cup	candied cherries
2	(8 ounce) packages	pitted dates

Heat oven to 300°. Grease and flour two 6-cup bundt cake pans or ring molds, or 2 loaf pans, 8 1/2 x 4 1/2 ■ 2 1/2 inches or 9 x 5 x 3 inches. Beat baking mix, sugar and eggs in large bowl on low speed until blended. Beat on medium speed 2 minutes. Pour half of the batter into large bowl; beat in almond extract until smooth. Stir in apricots, pineapple and raisins.

Beat cinnamon, vanilla and chocolate into remaining half of batter, using same beaters, until smooth. Stir in cherries and dates. Divide chocolate batter between pans, spread evenly. Divide gold batter between pans, carefully spooning over chocolate batter; spread evenly.

Bake bundt pans about 1 hour 20 minutes to 1 hour 30 minutes, loaf pans about 1 hour 30 minutes to 1 hour 40 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes. Invert bundt cakes onto wire rack; turn loaves out of pans and place top sides up on wire rack. Cool completely. Wrap tightly and refrigerate 1 day before slicing.

2 loaves (16 slices each)

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Yield:
"2 Loaves"

Per serving: 188 Calories (kcal); 3g Total Fat; (14% calories from fat); 3g Protein; 39g Carbohydrate; 39mg Cholesterol; 161mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fruit; 1/2 Fat; 1 Other Carbohydrates

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Black Bean Lasagne

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Main and Side Dishes Vegetarian

Amount	Measure	Ingredient -- Preparation Method
9		uncooked lasagne noodles
1	tablespoon	vegetable oil
1	medium	onion -- chopped (about 1/2 cup)
1	clove	garlic -- finely chopped
1	cup	water
2	tablespoons	chopped fresh cilantro
2	(15 ounce) cans	black beans -- rinsed and drained
1	(14 1/2 ounce) can	no-salt-added whole tomatoes -- undrained
2	(6 ounce) cans	no-salt-added tomato paste
1	15 ounce container	nonfat Ricotta cheese
1/2	cup	reduced-fat grated Parmesan-style cheese (2 ounces)
1/2	cup	cholesterol-free egg product OR
4	1/4	egg whites
2	cup	chopped fresh parsley
2	cups	shredded reduced-fat Monterey Jack cheese (8 ounces)

Cook and drain noodles as directed on package. Rinse with hot water; drain. Heat oil in 12-inch nonstick skillet over medium-high heat. Cook onion and garlic in oil, stirring frequently, until onion is tender. Stir in water, cilantro, beans, tomatoes and tomato paste, breaking up tomatoes. Simmer uncovered 15 minutes, stirring occasionally. Mix remaining ingredients except Monterey Jack cheese.

Heat oven to 350°. Layer 1/3 each of the noodles, bean mixture, Ricotta mixture and Monterey Jack cheese in ungreased rectangular baking dish, 13 x 9 x 2 inches. Repeat layers twice. Bake uncovered 30 to 35 minutes or until hot and bubbly. Let stand 10 to 15 minutes before cutting.

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Per serving: 345 Calories (kcal); 6g Total Fat; (15% calories from fat); 29g Protein; 43g Carbohydrate; 24mg Cholesterol; 703mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 3 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

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26424

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Black Forest Cherry Torte

Recipe By :
Serving Size : 16 Preparation Time :0:00
Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
		Bonnie Butter Cake -- (see recipe)
1 1/2	cups	Cherry Filling -- (recipe follows)
1/4	cup	chilled whipping cream
1/3	(4 ounce) bar	powdered sugar
		sweet cooking chocolate -- grated
		CHERRY FILLING
2	tablespoons	cornstarch
2	tablespoons	sugar
1	(16 ounce) can	pitted dark sweet cherries
1	tablespoon	brandy flavoring

Bake Bonnie Butter Cake in 9-inch layers as directed. Cool 10 minutes; remove from pans. Cool completely. Prepare Cherry Filling; refrigerate until chilled.

To assemble cake, place 1 layer, top side down, on serving plate. Beat whipping cream and powdered sugar in chilled bowl until very stiff. Form thin rim of whipped cream around edge of layer with decorators' tube or spoon. Fill center with Cherry Filling. Place other layer, top side up, on filling. Gently spread whipped cream on side and top of cake. Gently press chocolate by teaspoonfuls onto side of cake.

Place remaining whipped cream in decorators' tube with star tip. Pipe border of whipped cream around top edge of cake. Beginning from center of cake, outline individual portions in spoke design. Place desired number of reserved dipped cherries in each portion. Store torte in refrigerator.

CHERRY FILLING:

Mix cornstarch and sugar in 1-quart saucepan. Drain cherries, reserving syrup. Add enough water to reserved cherry syrup to measure 1 cup; stir into sugar-cornstarch mixture. Cook, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Cool to lukewarm.

stir in brandy flavoring. Dip 36 cherries into thickened syrup; reserve for top of cake. Cut remaining cherries into fourths and stir into thickened syrup.

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yield:

"1 Torte"

Per serving: 500 Calories (kcal); 25g Total Fat; (44% calories from fat); 5g Protein; 66g Carbohydrate; 57mg Cholesterol; 387mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1/2 Fruit; 5 Fat; 3 Other Carbohydrates

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Bonnie Butter Cake

Recipe By :
Serving Size : 16 Preparation Time :0:00
Categories : Cakes Desserts

Amount	Measure	Ingredient -- Preparation Method
2/3	cup	margarine or butter -- softened
1 3/4	cups	sugar
2		eggs
1 1/2	teaspoons	vanilla
2 3/4	cups	all-purpose flour*
2 1/2	teaspoons	baking powder
1	teaspoon	salt
1 1/4	cups	milk
1 1/2	cups	Chocolate Butter Frosting -- (see recipe)

Heat oven to 350°. Grease and flour rectangular pan, 13 x 9 x 2 inches, or 2 round pans, 9 x 1 1/2 inches. Mix margarine, sugar, eggs and vanilla in large mixer bowl until fluffy. Beat on high speed, scraping bowl occasionally, 5 minutes. Beat in flour, baking powder and salt alternately with milk on low speed. Pour into pan(s).

Bake until toothpick inserted in center comes out clean, rectangular 45 to 50 minutes, layers 30 to 35 minutes. Cool layers 10 minutes; remove from pan. Cool completely. Frost rectangular or fill and frost layers with Chocolate Butter Frosting (see recipe).

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Yield:
"1 Cake"

Per serving: 377 Calories (kcal); 16g Total Fat; (37% calories from fat); 4g Protein; 56g Carbohydrate; 26mg Cholesterol; 377mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat; 2 1/2 Other Carbohydrates

NOTES : *If using self-rising flour, omit baking powder and salt.
NUTR. ASSOC. : 4098 0 3218 0 14 0 0 0 0

* Exported from MasterCook *

Blueberry Buckle Coffee Cake

Recipe By :
Serving Size : 9 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
2	cups	all-purpose flour
3/4	cup	sugar
2 1/2	teaspoons	baking powder
3/4	teaspoon	salt

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1/4	cup	shortening
3/4	cup	milk
1		egg
2	cups	fresh or frozen (thawed and drained) blueberries
		Crumb Topping -- (recipe follows)
		Glaze -- (recipe follows)
CRUMB TOPPING		
1/2	cup	sugar
1/3	cup	all-purpose flour
1/4	cup	butter or margarine -- softened
1/2	teaspoon	ground cinnamon
GLAZE		
1/2	cup	powdered sugar
1/4	teaspoon	vanilla
1 1/2	teaspoons	hot water (1 1/2 to 2 teaspoons)

Heat oven to 375°. Grease square pan, 9 x 9 x 2 inches, or round pan, 9 x 1 1/2 inches. Blend flour, sugar, baking powder, salt, shortening, milk and egg; beat 30 seconds. Carefully stir in blueberries. Spread batter in pan; sprinkle with Crumb Topping.

Bake 45 to 50 minutes or until toothpick inserted in center comes out clean. Drizzle with Glaze. Serve warm.

CRUMB TOPPING:

Mix all ingredients until crumbly.

GLAZE:

Mix all ingredients until of drizzling consistency.

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Yield:

"1 Cake"

 Per serving: 386 Calories (kcal); 13g Total Fat; (28% calories from fat); 5g Protein; 65g Carbohydrate; 37mg Cholesterol; 383mg Sodium
 Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 2 1/2 Fat; 2 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 3437 2130706543 2130706543 0 0 0 0 0 0 0 0
 0 3728

* Exported from MasterCook *

Blueberry Streusel Muffins

Recipe By :
 Serving Size : 12 Preparation Time :0:00
 Categories : Baking with Kids Breads

Amount	Measure	Ingredient -- Preparation Method
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2	1/4	cup	all-purpose flour
2	tablespoons		packed brown sugar
2	tablespoons		firm margarine or butter
1/4	teaspoon		ground cinnamon
			Shortening
1		cup	milk
	1/4	cup	vegetable oil
	1/2	teaspoon	vanilla
1		large	egg
2		cups	all-purpose flour
			OR
2		cups	whole wheat flour
	1/3	cup	granulated sugar
3	teaspoons		baking powder
1/2	teaspoon		salt
1		cup	fresh or drained canned blueberries
			OR
	3/4	cup	frozen blueberries -- thawed and well drained

Heat oven to 400°.

For topping, mix in small bowl with fork until crumbly, then set aside:

1/4 cup	all-purpose flour
2 tablespoons	packed brown sugar
2 tablespoons	firm margarine or butter
1/4 teaspoon	ground cinnamon

Grease bottoms only of 12 medium muffin cups with (or line muffin cups with paper baking cups):

shortening

Beat in medium bowl with fork:

1 cup	milk
1/4 cup	vegetable oil
1/2 teaspoon	vanilla
1 large	egg

Stir into milk mixture just until all the flour is wet (do not stir too much-batter will be lumpy):

2 cups	all-purpose or whole wheat flour
1/3 cup	granulated sugar
3 teaspoons	baking powder
1/2 teaspoon	salt

Gently stir in:

1 cup	fresh or drained canned blueberries or 3/4 cup frozen blueberries, thawed and well drained
-------	--

Spoon batter into muffin cups until 2/3 full. Sprinkle each with about 2 teaspoons of topping mixture.

Bake 20 to 25 minutes or until golden brown. Adult help: Immediately remove muffins from pan to wire rack. Serve warm or cool.

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Yield:

"12 Muffins"

Per serving: 198 Calories (kcal); 8g Total Fat; (35% calories from fat); 4g Protein; 29g Carbohydrate; 18mg Cholesterol; 249mg Sodium

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Food Exchanges: 1 Grain(Starch); 0 Lean Meat; ■ Vegetable; 0 Fruit; 1 1/2 Fat;
1/2 Other Carbohydrates

NOTES : Utensils You Will Need

Equipment You Will Need:
Small bowl • Dry-ingredient measuring cups • Measuring spoons • Fork • Small sharp knife • Wooden spoon • Muffin pan with medium cups, $2\frac{1}{2} \times 1\frac{1}{4}$ inches • Pastry brush • Medium bowl • Liquid measuring cup • Pot holders • Wire cooling rack

Here's another idea. . . Make Apple Muffins: Leave out blueberries. Stir in 1 cup grated apple with the milk, and stir in 1/2 teaspoon ground cinnamon with the flour in Step 5. Bake 25 to 30 minutes.

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Blueberry-Lemon Loaf (1 1/2-Pound Recipe)

Recipe By : [Brenda](#) Serving Size : 12 Preparation Time :0:00
Categories : Bread Machine [Breads](#)

Amount	Measure	Ingredient -- Preparation Method
1	cup	plus 1 tablespoon water
1 1/2	teaspoons	grated lemon peel
2	tablespoons	margarine or butter -- softened
3	cups	bread flour
2	tablespoons	dry milk
3	tablespoons	sugar
1 1/2	teaspoons	salt
2	teaspoons	bread machine yeast
1/3	cup	dried blueberries OR currants

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients except blueberries in bread machine pan in the order recommended by the manufacturer. Add blueberries at the Raisin/ Nut signal or 5 to 10 minutes before last kneading cycle ends.

Select Sweet or Basic/white cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.

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yield:

"1 Loaf"

Per serving: 179 calories (kcal); 3g Total Fat; (14% calories from fat); 5g Protein; 33g Carbohydrate; 1mg Cholesterol; 295mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1/2 Fat; 0 other Carbohydrates

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Serving Ideas : For a special treat, spread with softened cream cheese.

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Blueberry-Lemon Loaf (1-Pound Recipe)

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Bread Machine Breads

Amount	Measure	Ingredient -- Preparation Method
3/4	cup	water
1	teaspoon	grated lemon peel
1	tablespoon	margarine or butter -- softened
2	cups	bread flour
1	tablespoon	dry milk
2	tablespoons	sugar
1	teaspoon	salt
1 1/4	teaspoons	bread machine yeast
1/4	cup	dried blueberries OR
1/4	cup	currants

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients except blueberries in bread machine pan in the order recommended by the manufacturer. Add blueberries at the Raisin/ Nut signal or 5 to 10 minutes before last kneading cycle ends.

Select Sweet or Basic/White cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.

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Yield:
"1 Loaf"

Per serving: 175 Calories (kcal); 2g Total Fat; (11% calories from fat); 5g Protein; 33g Carbohydrate; 1mg Cholesterol; 289mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; ■ Vegetable; 1/2 Fruit; 1/2 Fat; 0 Other Carbohydrates

Serving Ideas : For a special treat, spread with softened cream cheese.

Nutr. Assoc. : 0 0 4098 0 0 0 0 2019 951 ■ 2130706543

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Blushing Peach Pie

Recipe By :

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Serving Size : 0 Preparation Time :0:00
Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method
Favorite Pastry for 9-Inch Two-Crust Pie -- (see recipe)		
2	(29 ounce) cans sliced peaches -- drained	
1/2	cup sugar	
1/4	cup all-purpose flour*	
1/4	cup red cinnamon candies	
2	tablespoons margarine or butter	

Heat oven to 425°. Prepare pastry. Mix peaches, sugar, flour and candies; turn into pastry-lined pie plate. Dot with margarine. Cover with top crust that has slits cut in it; seal and flute. Cover edge with 2- to 3-inch strip of aluminum foil to prevent excessive browning; remove foil during last 15 minutes of baking.

Bake until crust is golden brown and juice begins to bubble through slits in crust, 40 to 50 minutes.

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Yield:
"1 Pie"

Per serving: 2690 Calories (kcal); 93g Total Fat; (30% calories from fat); 27g Protein; 458g Carbohydrate; 65mg Cholesterol; 1403mg Sodium
Food Exchanges: 8 Grain(Starch); 1 Lean Meat; 0 Vegetable; 11 1/2 Fruit; 18 Fat;
10 Other Carbohydrates

NOTES : *Self-rising flour can be used in this recipe.
Nutr. Assoc. : 0 1064 14 0 4098

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Favorite Pastry for 9-Inch Two-Crust Pie

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method
2	cups	all-purpose flour
1	teaspoon	salt
2/3	cup	lard
		OR
2/3	cup	plus 2 tablespoons shortening
4	tablespoons	cold water (4 to 5 tablespoons)

Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons water can be added if necessary).

Divide pastry in half and shape into 2 flattened round on lightly floured cloth-covered surface.

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Roll pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.

Turn desired filling into pastry-lined pie plate. Trim overhanging edge of pastry 1/2 inch from rim of plate. Roll other round of pastry. Fold into fourths; cut slits so steam can escape.

Place over filling and unfold. Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll top edge under lower edge, pressing on rim to seal. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into V shape; pinch again to sharpen.

For Baked Pie Shell: Heat oven to 475°. Prick bottom and side thoroughly with fork. Bake 8 to 10 minutes or until light brown; cool.

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yieldi

"2 crusts"

Per serving: 268 Calories (kcal); 17g Total Fat; (59% calories from fat); 3g Protein; 24g Carbohydrate; 16mg Cholesterol; 267mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 3 1/2 Fat; 0 other Carbohydrates

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* Exported from MasterCook *

Bonnie Butter Cake

Recipe By : [Sally](#) Serving size : 16 Preparation Time :0:00
Categories : Cakes

Desserts

Amount	Measure	Ingredient -- Preparation Method
2/3	cup	margarine or butter -- softened
1 3/4	cups	sugar
2		eggs
1 1/2	teaspoons	vanilla
2 3/4	cups	all-purpose flour*
2 1/2	teaspoons	baking powder
1	teaspoon	salt
1 1/4	cups	milk
1 1/2	cups	Chocolate Butter Frosting -- (see recipe)

Heat oven to 350°. Grease and flour rectangular pan, 13 x 9 x 2 inches, or 2 round pans, 9 x 1 1/2 inches. Mix margarine, sugar, eggs and vanilla in large mixer bowl until fluffy. Beat on high speed, scraping bowl occasionally, 5 minutes. Beat in flour, baking powder and salt alternately with milk on low speed. Pour into pan(s).

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Bake until toothpick inserted in center comes out clean, rectangular 45 to 50 minutes, layers 30 to 35 minutes. Cool layers 10 minutes; remove from pan. Cool completely. Frost rectangular or fill and frost layers with Chocolate Butter Frosting (see recipe).

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Yield:

"1 Cake"

Per serving: 377 Calories (kcal); 16g Total Fat; (37% calories from fat); 4g Protein; 56g Carbohydrate; 26mg Cholesterol; 377mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat; 2 1/2 Other Carbohydrates

NOTES : *If using self-rising flour, omit baking powder and salt.

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* Exported from MasterCook *

Chocolate Butter Frosting

Recipe By :
Serving Size : 16 Preparation Time :0:00
Categories : Cakes

Desserts

Amount	Measure	Ingredient -- Preparation Method
1/3	cup	margarine or butter -- softened
2	ounces	melted unsweetened chocolate -- (cool)
2	cups	powdered sugar
1 1/2	teaspoons	vanilla
2	tablespoons	milk (about)

Mix margarine and chocolate. Mix in powdered sugar. Beat in vanilla and milk until smooth and of spreading consistency.

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Yield:

"1 1/2 Cups"

Per serving: 125 Calories (kcal); 7g Total Fat; (49% calories from fat); trace Protein; 16g Carbohydrate; 0mg Cholesterol; 62mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 1 Other Carbohydrates

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Braided Dinner Rolls

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
1/3		Potato Refrigerator Dough -- (see recipe)
1	egg	
1	tablespoon water	
3/4	teaspoon poppy seed	
3/4	teaspoon sesame seed	

Divide dough into 18 equal parts. Roll each part into rope, 7 inches long, on lightly floured surface. Place groups of 3 ropes each close together on lightly greased cookie sheet. Braid ropes gently and loosely. Do not stretch. Pinch ends to fasten; tuck under securely. Let rise until double, 45 to 60 minutes.

Heat oven to 375°. Beat egg and water slightly; brush over braids. Sprinkle each of 3 braids with 1/4 teaspoon poppy seed and each of remaining 3 braids with 1/4 teaspoon sesame seed. Bake until golden brown, about 15 minutes.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Yield:
"6 Rolls"

Per serving: 293 calories (kcal); 10g Total Fat; (30% calories from fat); 7g Protein; 44g Carbohydrate; 52mg Cholesterol; 222mg Sodium
Food Exchanges: 2 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates

NOTES : Parker House Rolls: Prepare Potato Refrigerator Dough (see recipe). Divide into halves (refrigerate 1 half for future use or use for Crescent Rolls, see recipe). Divide remaining half of dough into halves. Roll 1 half into rectangle, 13 x 9 inches. Cut into 3-inch circles; brush with margarine or butter, softened. Fold each so top half overlaps slightly. Press edges together. Place close together in greased round baking pan, 9 x 1 1/2 inches. Brush with margarine or butter, softened. Repeat with remaining dough. Let rise until double, 45 to 60 minutes. Heat oven to 400°. Bake until light brown, 13 to 15 minutes. 20 rolls

Crescent Rolls: Prepare Potato Refrigerator Dough (see recipe). Divide into halves (refrigerate 1 half for future use or use for Parker House Rolls). Divide remaining half of dough into halves. Roll 1 half into 12-inch circle. Spread with margarine or butter, softened. Cut circle into 16 wedges. Roll up, beginning at rounded edges. Place rolls, with points underneath, on greased cookie sheet; curve ends slightly. Brush with margarine or butter, softened. Repeat with remaining dough. Let rise until double, 45 to 60 minutes. Heat oven to 400°. Bake until light brown, 13 to 15 minutes. 32 rolls

Hamburger Buns: Divide one-third of Potato Refrigerator Dough (see recipe) into 12 equal parts. Shape each part into smooth ball on lightly floured surface with lightly greased fingers; flatten.

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Place about 1 inch apart on greased cookie sheet. Let rise until double, 45 to 60 minutes. Heat oven to 400°. Brush buns with margarine or butter, softened; sprinkle with sesame seed or poppy seed. Bake until golden brown, 13 to 15 minutes. 1 dozen rolls

Nutr. Assoc. : 0 0 0 1156 1357

* Exported from MasterCook *

Potato Refrigerator Dough

Recipe By :
Serving Size : 0 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
1	package	active dry yeast
1 1/2	cups	warm water (105° to 115°)
2/3	cup	sugar
1 1/2	teaspoons	salt
2/3	cup	shortening
2		eggs
1	cup	lukewarm mashed potatoes*
6 1/2	cups	all-purpose flour** (6 1/2 to 7 cups)

Dissolve yeast in warm water in large mixing bowl. Stir in sugar, salt, shortening, eggs, potatoes and 4 cups of the flour. Beat until smooth. Mix in enough remaining flour to make dough easy to handle.

Turn dough onto lightly floured surface; knead until smooth and elastic, about 5 minutes. Place in greased bowl; turn greased side up. Cover bowl tightly; refrigerate at least ■ hours but no longer than 5 days. Punch down dough. Shape, let rise and bake as directed.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"This versatile dough makes so many delicious rolls! Use it to make Braided Dinner Rolls to Hamburger Buns."

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Yield:

"10 1/3 cups"

Per serving: 4999 Calories (kcal); 158g Total Fat; (28% calories from fat); 102g Protein; 784g Carbohydrate; 378mg Cholesterol; 3832mg Sodium
Food Exchanges: 4 1/2 Grain(Starch); 2 Lean Meat; ■ Vegetable; 0 Fruit; 29 Fat;
9 Other Carbohydrates

NOTES : *Instant mashed potatoes can be substituted for the mashed potatoes; prepare as directed on package for 2 servings

**If using self-rising flour, omit salt.

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* Exported from MasterCook *

Bran-Date Muffins

Recipe By :
Serving Size : 12 Preparation Time :0:00

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Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	hot water
1/4	cup	chopped dates
1 1/2	cups	wheat bran
1	cup	whole wheat flour
1	teaspoon	baking powder
1/2	teaspoon	baking soda
1/2	teaspoon	salt
1/3	cup	vegetable oil
1		egg
1	cup	buttermilk
1/2	cup	chopped dates

Pour water over 1/4 cup dates; set aside.

Heat oven to 400°. Grease bottoms only of 12 medium muffin cups, 2 1/2 x 1 1/4 inches, with shortening, or line with paper baking cups.

Mix wheat bran, flour, baking powder, baking soda and salt in large bowl.

Place date-water mixture, the oil and egg in blender or food processor. Cover and blend on medium speed about 1 minute or until smooth. Stir date mixture and buttermilk into flour mixture just until flour is moistened (batter will be lumpy). Gently stir in 1/2 cup dates. Divide batter evenly among muffin cups.

Bake 20 to 22 minutes or until toothpick inserted in center comes out clean. Cool muffins in pan 5 minutes; remove from pan to wire rack. Serve warm, if desired.

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Yield:

"12 Muffins"

Per serving: 148 calories (kcal); 7g Total Fat; (39% calories from fat); 4g Protein; 21g Carbohydrate; 16mg Cholesterol; 209mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

NOTES : Lighter Bran-Date Muffins: For less fat and fewer calories per serving, substitute fat-free buttermilk for the milk, 1/4 cup fat-free cholesterol-free egg product for the egg and 1/4 cup prune baby food for 1/4 cup of the oil.

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* Exported from MasterCook *

Bread Bowls

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
1	package	regular or quick-acting active dry yeast

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2	1/4	cup	warm water (105° to 115°)
	tablespoons	sugar	
	1/4	cup	shortening
3		cups	all-purpose flour
3		teaspoons	baking powder
	3/4	teaspoon	salt
1		cup	buttermilk (about)

Dissolve yeast in warm water. Stir in sugar; reserve. Cut shortening into flour, baking powder and salt with pastry blender in large bowl until mixture resembles fine crumbs. Stir in yeast mixture and just enough buttermilk so dough leaves side of bowl and forms ball.

Turn dough onto lightly floured surface; gently roll in flour to coat. Knead about 1 minute or until smooth. Cover and let rise 10 minutes.

Heat oven to 375°. Grease outsides of six 10-ounce custard cups. Place cups upside down on ungreased jelly roll pan, 15 1/2 x 10 1/2 x 1 inch. Divide dough into 6 equal parts. Pat or roll each part into 7-inch circle. Shape dough circles over outsides of custard cups. (Do not allow dough to curl under edges of cups.)

Bake 18 to 22 minutes or until golden brown. Carefully lift bread bowls from custard cups—custard cups and bread will be hot. Cool bread bowls upright on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"Yeast gives a terrific, slightly chewy texture to these fun bread bowls. Bowls filled with salad, chowder, chile or a thick stew are sure to be real crowd pleasers!"

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Yield:

"6 Bread bowls"

Per serving: 340 Calories (kcal); 10g Total Fat; (25% calories from fat); 8g Protein; 55g Carbohydrate; 1mg Cholesterol; 555mg Sodium
Food Exchanges: 3 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates

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* Exported from MasterCook *

Breakfast Puffs

Recipe By :
Serving Size : 15 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
1/3	cup	shortening
1/2	cup	sugar
1		egg
1 1/2	cups	all-purpose flour*
1 1/2	teaspoons	baking powder
1/2	teaspoon	salt
1/4	teaspoon	ground nutmeg

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1/2	cup	milk
1/2	cup	sugar
1	teaspoon	ground cinnamon
1/2	cup	margarine or butter -- melted

Heat oven to 350°. Grease 15 muffin cups, 2 1/2 x 1 1/4 inches. Mix shortening, 1/2 cup sugar and the egg. Stir in flour, baking powder, salt and nutmeg alternately with milk. Fill muffin cups about two-thirds full.

Bake until golden brown, 20 to 25 minutes. Mix 1/2 cup sugar and the cinnamon. Immediately after baking, roll puffs in melted margarine, then in sugar-cinnamon mixture.

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Yield:
"15 Puffs"

Per serving: 202 Calories (kcal); 11g Total Fat; (49% calories from fat); 2g Protein; 24g Carbohydrate; 14mg Cholesterol; 199mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 1 Other Carbohydrates

NOTES : *If using self-rising flour, omit baking powder and salt.
NUTR. ASSOC. : 0 0 0 14 0 0 0 0 0 0 4098

* Exported from MasterCook *

Brownies

Recipe By :
Serving Size : 36 Preparation Time :0:00
Categories : Cookies & Brownies

Amount	Measure	Ingredient -- Preparation Method
4	(1 ounce) squares unsweetened chocolate	
2/3	cup shortening	
2	cups sugar	
4	eggs	
1	teaspoon vanilla	
1 1/4	cups all-purpose flour*	
1	cup chopped nuts, if desired	
1	teaspoon baking powder	
1	teaspoon salt	
		Glossy Chocolate Frosting -- (recipe follows)

GLOSSY CHOCOLATE FROSTING

3	(1 ounce) squares unsweetened chocolate
3	tablespoons shortening
2	cups powdered sugar
1/4	teaspoon salt
1/3	cup milk
1	teaspoon vanilla
1/2	cup finely chopped nuts, if desired

Heat oven to 350°. Grease baking pan, 13 x 9 x 2 inches. Heat chocolate and shortening in 3-quart saucepan over low heat until melted; remove from heat. Stir in sugar, eggs and vanilla. Mix in remaining ingredients. Spread in pan.

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Bake until brownies begin to pull away from side of pan, about 30 minutes. (Do not overbake.) Cool slightly; spread with Glossy Chocolate Frosting (see recipe), if desired. Cool completely; cut into bars, about 2 x 1 1/2 inches.

GLOSSY CHOCOLATE FROSTING:

Heat chocolate and shortening over low heat until melted. Stir in powdered sugar, salt, milk and vanilla; beat until smooth. Place pan of frosting in bowl of ice and water; continue beating until smooth and of spreading consistency. Stir in nuts.

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Yield:

"36 Brownies"

T(Bake):

"0:30"

Per serving: 202 Calories (kcal); 12g Total Fat; (49% calories from fat); 3g Protein; 24g Carbohydrate; 21mg Cholesterol; 97mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 1 Other Carbohydrates

NOTES : *If using self-rising flour, omit baking powder and salt.

Nutr. Assoc. : 0 0 0 3218 0 14 2677 0 0 2130706543 ■ 0 0 0 0 0 0 0 2677

* Exported from MasterCook *

Bûche De Noël

Recipe By :
Serving Size : 10 Preparation Time :0:00
Categories : Cakes Holiday

Amount	Measure	Ingredient -- Preparation Method
3		eggs
1	cup	sugar
1 1/3	cup	water
1	teaspoon	vanilla
3/4	cup	all-purpose flour
1	teaspoon	baking powder
1/4	teaspoon	salt
1	cup	whipping (heavy) cream
2	tablespoons	sugar
1 1/2	teaspoons	freeze-dried or powdered instant coffee (dry)
		Chocolate Buttercream Frosting -- (recipe follows)
		Meringue Mushrooms -- (recipe follows)
		CHOCOLATE BUTTERCREAM FROSTING
1/3	cup	cocoa
1/3	cup	margarine or butter -- softened
2	cups	powdered sugar
1 1/2	teaspoons	vanilla
1	tablespoon	hot water (1 to 2 tablespoons)

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2

1/4 teaspoon egg whites
1/2 cup cream of tartar

Cocoa

Chocolate Decorator's Frosting -- (recipe follows)

1

1 ounce unsweetened chocolate
1 teaspoon margarine or butter
1 cup powdered sugar

1 tablespoon hot water

CHOCOLATE DECORATOR'S FROSTING

Heat oven to 375°. Line jelly roll pan, 15 1/2 ■ 10 1/2 x 1 inch, with aluminum foil or waxed paper; grease. Beat eggs in small bowl on high speed about 5 minutes or until very thick and lemon colored. Pour eggs into large bowl; gradually beat in 1 cup sugar. Beat in water and vanilla on low speed. Gradually add flour, baking powder and salt, beating just until batter is smooth. Pour into pan, spreading batter to corners.

Bake 12 to 15 minutes or until toothpick inserted in center comes out clean. Immediately loosen cake from edges of pan; invert onto towel generously sprinkled with powdered sugar. Carefully remove foil. Trim off stiff edges of cake if necessary. While hot, carefully roll cake and towel from narrow end. Cool on wire rack at least 30 minutes.

Beat whipping cream, 2 tablespoons sugar and the coffee in chilled medium bowl until stiff. Unroll cake; remove towel. Spread whipped cream mixture over cake. Roll up cake. For tree stump, cut off a 2-inch diagonal slice from one end. Attach stump to one long side using 1 tablespoon frosting. Frost with Chocolate Buttercream Frosting. Make strokes in frosting to resemble tree bark, using tines of fork. Garnish with Meringue Mushrooms.

CHOCOLATE BUTTERCREAM FROSTING:

Thoroughly mix cocoa and margarine in medium bowl. Beat in powdered sugar on low speed. Stir in vanilla and hot water. Beat until smooth and of spreading consistency.

MERINGUE MUSHROOMS:

Cover 2 cookie sheets with cooking parchment paper or heavy brown paper. Beat egg whites and cream of tartar in small bowl on medium speed until foamy. Beat in sugar on high speed, 1 tablespoon at a time; continue beating about 5 minutes or until stiff and glossy. Do not underbeat.

Heat oven to 200°. Place meringue in decorating bag with plain tip with 1/4-inch opening (#10 or #11). Or place meringue in strong plastic bag; cut off a tiny tip from one corner of bag. Pipe meringue in about 55 mushroom-cap shapes, each 1 to 1 1/4 inches in diameter, onto 1 cookie sheet. Sift cocoa over mushroom caps.

Bake 45 to 50 minutes or until firm. Immediately turn mushroom caps upside down and make an indentation in bottom of each cap. Brush off excess cocoa with soft-bristled brush.

Pipe about fifty-five 3/4-inch upright cone shapes onto second cookie sheet for mushroom stems. Stems should have peaks that fit into indentations in mushrooms caps. Bake 40 to 45 minutes or until firm; cool. Prepare Chocolate Decorator's Frosting.

To assemble mushrooms, spread small amount frosting in indentation of each mushroom cap; insert peak end of stem into frosting. Place upside down to dry. Store uncovered at room temperature. About 55 candies.

CHOCOLATE DECORATOR'S FROSTING:

Heat chocolate and margarine until melted; remove from heat. Beat in

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powdered sugar and hot water until smooth and of spreading consistency. If necessary, stir in additional hot water, 1 teaspoon at a time.

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Per serving: 488 Calories (kcal); 19g Total Fat; (33% calories from fat); 5g Protein; 79g Carbohydrate; 89mg Cholesterol; 217mg Sodium
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 3 1/2 Fat; 4 1/2 Other Carbohydrates

NOTES : TIP

Instead of taking the time to make the tree stump and Meringue Mushrooms, garnish the "log" with chopped pistachio nuts and candied red cherries.

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* Exported from MasterCook *

Burgundy Meatballs

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Beef Holiday

Amount	Measure	Ingredient -- Preparation Method
2	pounds	ground beef
1	cup	dry bread crumbs
1/2	cup	water chestnuts -- finely chopped
1/2	cup	milk
1	teaspoon	salt
1	teaspoon	worcestershire sauce
1/8	teaspoon	pepper
2		eggs
1	medium	onion -- chopped (about 1/2 cup) Burgundy Sauce -- (recipe follows) Chopped fresh parsley
		BURGUNDY SAUCE
1/3	cup	cornstarch
1/2	cup	cold water
1	cup	burgundy
		OR
1	cup	dry red wine
		OR
1	cup	beef broth
1	clove	garlic -- crushed
2	(10 1/2) ounce cans	condensed beef broth

Heat oven to 400°. Mix all ingredients except Burgundy Sauce and parsley. Shape mixture into 1-inch balls. Place in ungreased jelly roll pan, 15 1/2 x 10 1/2 x 1 inch.

Bake uncovered about 10 minutes or until done.

Prepare Burgundy Sauce. Stir meatballs into Burgundy Sauce. Meatball mixture can be covered and refrigerated up to 24 hours at this point. Heat

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meatball mixture to boiling; reduce heat. Cover and simmer about 10 minutes or just until meatballs are hot. Garnish with parsley.

BURGUNDY SAUCE:

Mix cornstarch and cold water in 3-quart saucepan. Gradually stir in remaining ingredients. Heat to boiling, stirring constantly. Boil and stir 1 minute.

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Yield:
"12 Meatballs"

Per serving: 245 Calories (kcal); 11g Total Fat; (42% calories from fat); 19g Protein; 14g Carbohydrate; 79mg Cholesterol; 574mg Sodium
Food Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

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* Exported from MasterCook *

Butter Crunch Desserts

Recipe By :
Serving Size : 30 Preparation Time :0:00
Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
1	cup	all-purpose flour*
1/2	cup	butter
1/4	cup	packed brown sugar
1/2	cup	chopped pecans OR
1/2	cup	chopped walnuts OR
1/2	cup	flaked coconut

Heat oven to 400°. Mix all ingredients with hands. Spread in ungreased baking pan, 13 x 9 x 2 inches. Bake 15 minutes; stir. Cool; cover and store in refrigerator.

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Yield:
"2 1/2 Cups"
T(Bake):
"0:15"

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Per serving: 62 calories (kcal); 4g Total Fat; (62% calories from fat); 1g Protein; 5g Carbohydrate; 8mg Cholesterol; 32mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

NOTES : *Do not use self-rising flour in this recipe.

Berry Parfaits: For each serving, alternate layers of 1 tablespoon Butter Crunch, 2 tablespoons fruit-flavored yogurt and 2 tablespoons fresh berries; repeat. Top with 1 tablespoon Butter Crunch. Garnish with berries. (Suggested combinations: Lemon-flavored yogurt and blueberries, strawberry-flavored yogurt and strawberry halves, raspberry-flavored yogurt and raspberries.)

Cinnamon-Applesauce Dessert: Mix 2 cups applesauce and 1 teaspoon cinnamon. Top with 1 cup sweetened whipped cream and sprinkle with 1 cup Butter Crunch. 6 servings

Fruit-Custard Dessert: For each serving, pour chilled soft custard over fresh berries or fruit (oranges, bananas, peaches, strawberries). Sprinkle with Butter Crunch.

Pudding Dessert: Prepare your favorite flavor pudding and pie filling as directed on package for pudding-except pour into shallow serving dish. After refrigerating, sprinkle with 1 cup Butter Crunch. Serve with cream. 6 servings

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Buttermilk Biscuits

Recipe By :
Serving Size : 10 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	shortening
2	cups	all-purpose flour
1	tablespoon	sugar
2	teaspoons	baking powder
1	teaspoon	salt
1/4	teaspoon	baking soda
3/4	cup	buttermilk (about)

Heat oven to 450°. Cut shortening into flour, sugar, baking powder, salt and baking soda with pastry blender in large bowl until mixture resembles fine crumbs. Stir in just enough buttermilk so dough leaves side of bowl and forms a ball.

Turn dough onto lightly floured surface; gently roll in flour to coat. Knead lightly 10 times. Roll or pat 1/2 inch thick. Cut with floured 2 1/2-inch biscuit cutter. Place about 1 inch apart on ungreased cookie sheet.

Bake 10 to 12 minutes or until golden brown. Immediately remove from cookie sheet. Serve hot.

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Yield:
"10 biscuits"

Per serving: 194 Calories (kcal); 11g Total Fat; (49% calories from fat); 3g Protein; 21g Carbohydrate; 1mg Cholesterol; 362mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates

Nutr. Assoc.: 0 0 0 0 0 0 228

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Cajun Bread (1 1/2-Pound Recipe)

Recipe By : [Brenda](#) Serving Size : 12 Preparation Time :0:00
Categories : Bread Machine Breads

Amount	Measure	Ingredient -- Preparation Method
3/4	cup	water
1/3	cup	chopped onion
1/3	cup	chopped green bell pepper
1	clove	garlic -- finely chopped
1	tablespoon	margarine or butter -- softened
3	cups	bread flour
2	tablespoons	sugar
2	teaspoons	Cajun or Creole seasoning
1 1/4	teaspoons	salt
1 3/4	teaspoons	bread machine yeast

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/White cycle. Use Medium or Light crust color. Do not use delay cycles. Remove baked bread from pan and cool on wire rack.

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yield:

"1 Loaf"

Per serving: 147 Calories (kcal); 2g Total Fat; (9% calories from fat); 5g Protein; 28g Carbohydrate; 0mg Cholesterol; 271mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 4098 ■ 0 2419 0 2019

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Cajun Bread (1-Pound Recipe)

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Bread Machine Breads

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	water
1/4	cup	chopped onion
1/4	cup	chopped green bell pepper
1	clove	garlic -- finely chopped
2	teaspoons	margarine or butter -- softened
2	cups	bread flour
1	tablespoon	sugar
1	teaspoon	Cajun or Creole seasoning
3/4	teaspoon	salt
1	teaspoon	bread machine yeast

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/white cycle. Use Medium or Light crust color. Do not use delay cycles. Remove baked bread from pan and cool on wire rack.

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Yield:
"1 Loaf"

Per serving: 144 Calories (kcal); 2g Total Fat; (10% calories from fat); 4g Protein; 28g Carbohydrate; 3mg Cholesterol; 238mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 2394 ■ 0 2419 0 2019

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Cajun Pork Tenderloin with Vegetables

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Main and Side Dishes Pork

Amount	Measure	Ingredient -- Preparation Method
2	teaspoons	Cajun or Creole seasoning
1	pound	pork tenderloin
2	medium	sweet potatoes or yams (3/4 pound)
4	small	zucchini (1 pound)
1 1/2	cups	frozen small whole onions
2	tablespoons	margarine, butter or spread -- melted
1/2	teaspoon	dried thyme leaves

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1/4 teaspoon salt

Heat oven to 425°.

Rub cajun seasoning into pork. Place in ungreased jelly roll pan, 15 1/2 x 10 1/2 x 1 inches. Insert meat thermometer horizontally into center of thickest part of pork.

Cut sweet potatoes and zucchini lengthwise into halves. Place sweet potatoes, zucchini and onions around pork. Drizzle margarine over vegetables. Sprinkle with thyme and salt.

Roast uncovered about 35 minutes or until thermometer reads 160°. Loosely cover pan with aluminum foil and let stand 10 minutes. Cut pork into thin slices. Serve with vegetables.

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T(Roast):

"0:35"

Per serving: 307 Calories (kcal); 10g Total Fat; (29% calories from fat); 28g Protein; 27g Carbohydrate; 74mg Cholesterol; 384mg Sodium
Food Exchanges: 1 Grain(Starch); 3 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

NOTES : If you'd like a milder flavor, just reduce the amount of cajun spice.

Nutr. Assoc. : 2419 0 5212 26408 4296 4098 3159 ■

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Candy Bar Cupcakes

Recipe By :

Serving Size : 20 Preparation Time :0:00

Categories : Baking with Kids

Cakes

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

3/4	cup	finely chopped candy
1	(18 1/4 ounce) package	white cake mix with pudding
1	(1 pound) tub	milk chocolate ready-to-spread frosting

Adult help: Coarsely chop all the candy, then finely chop enough to measure 3/4 cup:

■ bars (2.1 oz each) chocolate-covered crispy peanut-buttery candy.

Make and bake cupcakes as directed on package--except after beating, gently stir in the:

3/4 cup finely chopped candy

1 package (1 lb 2.25 oz) white cake mix with pudding

Adult help: Immediately remove cupcakes from pan to wire rack. Cool completely.

Frost cupcakes with:

1 tub (1 lb) milk chocolate ready-to-spread frosting

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Put coarsely chopped candy pieces on tops of cupcakes. Store loosely covered at room temperature.

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Yield:
"20 Cupcakes"

Per serving: 246 Calories (kcal); 8g Total Fat; (30% calories from fat); 2g Protein; 41g Carbohydrate; 1mg Cholesterol; 221mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 2 1/2 Other Carbohydrates

NOTES : Utensils You Will Need

Muffin pan with medium cups, 2 1/2 x 1 1/4 inches • Pastry brush • Cutting board • Sharp knife • Large bowl • Liquid measuring cup • Electric mixer • Pot holders • Wire cooling rack

Tip

Candy bars are easier to cut if refrigerated about 1 hour.
Nutr. Assoc. : 904072 5517 1177

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Candy Cane Cookies

Recipe By :
Serving Size : 54 Preparation Time :0:00
Categories : Cookies & Brownies Holiday

Amount	Measure	Ingredient -- Preparation Method
2	tablespoons	crushed peppermint candies
2	tablespoons	sugar
		Chocolate-Nut Fingers -- (see recipe)
1	teaspoon	peppermint extract
1/2	teaspoon	red food color

Heat oven to 375°. Mix candies and sugar; reserve. Prepare dough for Chocolate-Nut Fingers-except substitute peppermint extract for the almond extract. Divide dough in half. Tint one half with food color. For each cookie, shape 1 teaspoon dough from each half into 4-inch rope side by side; press together lightly and twist. Place on ungreased cookie sheet, and curve one end of cookie to form handle of cane.

Bake 9 to 12 minutes or until set and very light brown. Immediately sprinkle reserved sugar mixture over cookies. Remove from cookie sheet. Cool on wire rack.

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Yield:
"54 Cookies"

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Per serving: 5 Calories (kcal); trace Total Fat; (9% calories from fat); trace Protein; 1g Carbohydrate; trace Cholesterol; 1mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : while red and white are the traditional colors for candy canes,
feel free to create candy canes of different colors. Paste food
color will give you more intense colors.

Nutr. Assoc. : 668 0 0 0 4706

* Exported from MasterCook *

Chocolate-Nut Fingers

Recipe By :
Serving Size : 96 Preparation Time :0:00
Categories : Cookies & Brownies Holiday

Amount	Measure	Ingredient -- Preparation Method
1	cup	sugar
1	cup	margarine or butter (2 sticks) -- softened
1/2	cup	milk
1	teaspoon	vanilla
1	teaspoon	almond extract
1		egg
3 1/2	cups	all-purpose flour
1	teaspoon	baking powder
1/4	teaspoon	salt
1/2	cup	semisweet chocolate chips
1/2	cup	chopped nuts

Mix sugar, margarine, milk, vanilla, almond extract and egg in large bowl.
stir in flour, baking powder and salt. Cover and refrigerate at least 4 hours.

Heat oven to 375°. For each cookie, shape 1 teaspoon dough into 4-inch rope. (For smooth, even ropes, roll back and forth on sugared surface.) Place on ungreased cookie sheet.

Bake 9 to 12 minutes or until set and very light brown. Remove from cookie sheet. Cool on wire rack.

Heat chocolate chips until melted. Dip ends of cookies into chocolate, then into nuts. Place cookies on waxed paper. Let stand about 10 minutes or until chocolate is set.

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Yield:
"96 Cookies"

Per serving: 52 calories (kcal); 3g Total Fat; (46% calories from fat); 1g Protein; 6g Carbohydrate; 2mg Cholesterol; 34mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

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NOTES : For a different look, dip cookies halfway into the chocolate or brush the entire top of the cookie before dipping into the nuts.
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Candy Cookies

Recipe By :
Serving Size : 36 Preparation Time :0:00
Categories : Cookies & Brownies

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	granulated sugar
1/2	cup	packed brown sugar
1/3	cup	margarine or butter -- softened
1/3	cup	shortening
1	teaspoon	vanilla
1		egg
1 1/2	cups	all-purpose flour
1/2	teaspoon	baking soda
1/2	teaspoon	salt
1	(8 ounce) package	chocolate-coated candies

Heat oven to 375°. Mix sugars, margarine, shortening, vanilla and egg. Stir in remaining ingredients.

Drop dough by heaping teaspoonfuls about 2 inches apart onto ungreased cookie sheet.

Bake until light brown, ■ to 10 minutes. (Centers will be soft.) Cool slightly; remove from cookie sheet.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"A pleasing variation on the classic chocolate chip cookie—have fun selecting the type of candy you use."

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Yield:

"36 Cookies"

Per serving: 106 Calories (kcal); 5g Total Fat; (42% calories from fat); 1g Protein; 14g Carbohydrate; 6mg Cholesterol; 74mg Sodium
Food Exchanges: 1/2 Grain(starch); ■ Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates

NOTES : Tip

when a recipe says "drop dough by rounded teaspoonfuls (or tablespoonfuls)," use regular teaspoons and tablespoons from your everyday flatware.

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Caramel-Chocolate Pie

Recipe By :
Serving Size : 12 Preparation Time :0:00

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Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method
1 1/2	cups	vanilla wafer crumbs (about 25 wafers)
1/4	cup	margarine or butter (1/2 stick) -- melted
30		vanilla caramels
2	tablespoons	margarine or butter
2	tablespoons	water
1/2	cup	chopped pecans -- toasted
2	(3 ounce) packages	cream cheese -- softened
1/3	cup	powdered sugar
1	(4 ounce) bar	sweet cooking chocolate
3	tablespoons	hot water
1	teaspoon	vanilla
2	cups	whipping (heavy) cream
2	tablespoons	powdered sugar
		Easy Chocolate Curls, if desired -- (recipe in directions)

Heat oven to 350°. Mix crumbs and 1/4 cup margarine. Press mixture firmly against side and bottom of pie plate, 9 x 1 1/4 inches. Bake 10 minutes; cool.

Heat caramels, 2 tablespoons margarine and 2 tablespoons water over medium heat, stirring frequently, until caramels are melted. Pour into crust. Sprinkle with pecans. Refrigerate about 1 hour until chilled.

Beat cream cheese and 1/3 cup powdered sugar until smooth. Spread over caramel layer; refrigerate.

Heat chocolate and 3 tablespoons hot water over low heat, stirring constantly, until chocolate is melted. Cool to room temperature. Stir in vanilla. Beat whipping cream and 2 tablespoons powdered sugar in chilled medium bowl until stiff. Reserve 1 1/2 cups. Fold chocolate mixture into remaining whipped cream. Spread over cream cheese mixture. Top with reserved whipped cream and Easy Chocolate Curls. Refrigerate any remaining pie.

EASY CHOCOLATE CURLS:

Place a bar or block of chocolate on waxed paper. Make chocolate curls by pulling a vegetable peeler toward you across the flattest side of the chocolate, pressing firmly in long, thin strokes. Small curls can be made by using the side of the chocolate bar. Transfer each curl carefully with a toothpick to a waxed paper-lined cookie sheet or directly onto frosted cake, pie or other dessert.

The curl will be easier to make if the chocolate is slightly warm, so let the chocolate stand in a warm place for about 15 minutes before making curls. Semisweet chocolate can be used but the curls will be small. Also, the thicker the bar of chocolate, the larger your curls will be.

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Yield:
"1 Pie"
T(Refrigerate):
"1:00"

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Per serving: 465 Calories (kcal); 36g Total Fat; (66% calories from fat); 4g Protein; 37g Carbohydrate; 76mg Cholesterol; 213mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 7 Fat; 2 1/2 Other Carbohydrates

Nutr. Assoc. : 5410 4098 251 4098 0 0 ■ ■ 5195 ■ ■ 721 0 0

* Exported from MasterCook *

Caramel-Pecan Sticky Rolls

Recipe By :
Serving Size : 15 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
3 1/2	cups	all-purpose* flour (3 1/2 to 4 cups) OR
3 1/2	cups	bread flour (3 1/2 to 4 cups)
1 1/3	cup	granulated sugar
1	teaspoon	salt
2	packages	regular or quick active dry yeast
1	cup	very warm milk (120° to 130°)
1 1/3	cup	stick margarine or butter -- softened**
1	large	egg
1	cup	packed brown sugar
1/2	cup	stick margarine or butter -- softened
1/4	cup	dark corn syrup
1	cup	pecan halves (4 ounces)
2	tablespoons	stick margarine or butter -- softened**
1/2	cup	chopped pecans OR
1/2	cup	raisins, if desired
1/4	cup	granulated or packed brown sugar
1	teaspoon	ground cinnamon

Mix 2 cups of the flour, 1/3 cup granulated sugar, the salt and yeast in large bowl. Add warm milk, 1/3 cup margarine and the egg. Beat with electric mixer on low speed 1 minute, scraping bowl frequently. Beat on medium speed 1 minute, scraping bowl frequently. Stir in enough remaining flour to make dough easy to handle.

Turn dough onto lightly floured surface. Knead about 5 minutes or until smooth and elastic. Place in greased bowl and turn greased side up. Cover and let rise in warm place about 1 hour 30 minutes or until double. Dough is ready if indentation remains when touched.

Heat 1 cup brown sugar and 1/2 cup margarine to boiling in 2-quart saucepan, stirring constantly; remove from heat. Stir in corn syrup. Pour into ungreased rectangular pan, 13 x 9 x 2 inches. Sprinkle with pecan halves.

Punch down dough. Flatten with hands or rolling pin into rectangle, 15 x 10 inches, on lightly floured surface. Spread with 2 tablespoons margarine. Mix chopped pecans, 1/4 cup granulated sugar and the cinnamon; sprinkle evenly over margarine. Roll rectangle up tightly, beginning at 15-inch side. Pinch edge of dough into roll to seal. Stretch and shape until even. Cut roll into fifteen 1-inch slices. Place slightly apart in pan. Cover and let rise in warm place about 30 minutes or until double.

Heat oven to 350°.

Bake 30 to 35 minutes or until golden brown. Immediately turn upside down onto heatproof tray or serving plate. Let stand 1 minute so caramel will drizzle over rolls; remove pan. Serve warm.

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Yield:

"15 rolls"

Per serving: 399 Calories (kcal); 20g Total Fat; (44% calories from fat); 5g Protein; 51g Carbohydrate; 15mg Cholesterol; 306mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Fruit; 4 Fat; 1 1/2 Other Carbohydrates

NOTES : * If using self-rising flour, omit salt.

** Spreads with at least 65% vegetable oil can be substituted.

Lighter Caramel-Pecan Sticky Rolls: For less fat and fewer calories per serving, omit 1 cup brown sugar, 1/2 cup margarine, the corn syrup, pecan halves and omit heating brown sugar, margarine, corn syrup and pecans.

Line pan with aluminum foil; spray with nonstick cooking spray. Drizzle 3/4 cup light caramel ice-cream topping over foil.

Sprinkle with 2/3 cup chopped pecans. Continue as directed in steps 4, 5 and 6-except omit the chopped pecans from the filling.

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* Exported from MasterCook *

Caramel-Pecan Torte

Recipe By :
Serving Size : 18 Preparation Time : 0:00

Categories : Cakes Desserts

Amount	Measure	Ingredient -- Preparation Method
1	teaspoon	Caramel Cake -- (recipe follows)
		Caramel Frosting -- (recipe follows)
1	teaspoon	milk (1 to 2 teaspoons)
		Chopped pecans or chocolate-covered pecan halves
		CARAMEL CAKE
2 1/4	cups	all-purpose flour
1 3/4	cups	packed brown sugar
1 1/2	cup	shortening
1	cup	milk
3	teaspoons	baking powder
1/2	teaspoon	salt
1	teaspoon	vanilla
2	eggs	
1/2	cup	chopped pecans
		CARAMEL FROSTING
1/2	stick	margarine or butter
1	cup	packed brown sugar
1 1/4	cup	milk
2	cups	powdered sugar

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Bake Caramel Cake as directed. Cut cake horizontally into 3 layers. Reserve 1/2 cup Caramel Frosting. Fill layers with remaining frosting. Stir milk into reserved frosting until of drizzling consistency; drizzle over cake. Garnish with chopped pecans.

CARAMEL CAKE:

Heat oven to 350°. Grease and flour 12-cup bundt cake pan. Beat all ingredients except pecans in large bowl on low speed 30 seconds, scraping bowl constantly. Beat on high speed 3 minutes, scraping bowl frequently. Stir in pecans. Pour batter into pan.

Bake 35 to 40 minutes or until toothpick inserted in center comes out clean. Cool 20 minutes; invert onto wire rack. Cool completely.

CARAMEL FROSTING:

Heat margarine over medium heat in 2-quart saucepan until melted. Stir in brown sugar. Heat to boiling, stirring constantly. Reduce heat to low. Boil and stir 2 minutes. Stir in milk. Heat to boiling; remove from heat. Cool to lukewarm. Gradually stir in powdered sugar. Place saucepan of frosting in bowl of cold water. Beat until smooth and of spreading consistency. If frosting becomes too stiff, stir in additional milk, 1 teaspoon at a time.

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yield:

"1 Torte"

Per serving: 349 Calories (kcal); 12g Total Fat; (29% calories from fat); 3g Protein; 60g Carbohydrate; 23mg Cholesterol; 198mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fruit; 2 Fat; 3 Other Carbohydrates

* Exported from MasterCook *

Caramelized Onion Focaccia

Recipe By : **Shirley** Serving Size : 8 Preparation Time :0:00
Categories : Bread Machine Breads

Amount	Measure	Ingredient -- Preparation Method
2	cups	bread flour
3/4	cup	water
2	tablespoons	olive or vegetable oil
1	tablespoon	sugar
1	teaspoon	salt
1 1/2	teaspoons	bread machine yeast
		Onion Topping -- (recipe follows)
3/4	cup	shredded Mozzarella cheese (3 ounces)
2	tablespoons	grated Parmesan cheese

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ONION TOPPING

3 tablespoons margarine or butter
2 medium onions -- sliced
2 cloves garlic -- finely chopped

Measure carefully, placing all ingredients except Onion Topping and cheeses in bread machine pan in the order recommended by the manufacturer. Select Dough/Manual cycle.

Grease cookie sheet. Pat dough into 12-inch circle on cookie sheet. Cover and let rise in warm place about 30 minutes or until almost double. Prepare Onion Topping.

Heat oven to 400°. Make deep depressions in dough at 1-inch intervals with finger or handle of wooden spoon. Spread topping over dough. Sprinkle with cheeses. Bake 15 to 18 minutes or until edge is golden brown. Remove from cookie sheet to wire rack. Cut into wedges; serve warm.

ONION TOPPING:

Melt margarine in 10-inch skillet over medium-low heat. Cook onions and garlic in margarine 15 to 20 minutes, stirring occasionally, until onions are brown and caramelized.

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Yield:

"8 Pieces"

Per serving: 251 Calories (kcal); 11g Total Fat; (40% calories from fat); 8g Protein; 30g Carbohydrate; 10mg Cholesterol; 387mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates

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* Exported from MasterCook *

Carrot Cake

Recipe By :
Serving Size : 16 Preparation Time :0:00
Categories : Cakes

Desserts

Amount	Measure	Ingredient -- Preparation Method
1 1/2	cups	sugar
1	cup	vegetable oil
3	large	eggs
2	cups	all-purpose flour*
1 1/2	teaspoons	ground cinnamon
1	teaspoon	baking soda
1	teaspoon	vanilla
1/2	teaspoon	salt
1/4	teaspoon	ground nutmeg
3	cups	shredded carrots (5 medium)
1	cup	coarsely chopped nuts

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cups Cream Cheese Frosting -- (see recipe), if desired

Heat oven to 350°. Grease bottom and sides of rectangular pan, 13 x 9 x 2 inches, or 2 round pans, 8 x 1 1/2 or 9 x 1 1/2 inches, with shortening; lightly flour.

Mix sugar, oil and eggs in large bowl until blended; beat 1 minute. Stir in remaining ingredients except carrots, nuts and Cream Cheese Frosting; beat 1 minute. Stir in carrots and nuts. Pour into pan.

Bake rectangle 40 to 45 minutes, rounds 30 to 35 minutes, or until toothpick inserted in center comes out clean. Cool in pan on wire rack.

Frost rectangle or fill and frost layers with Cream Cheese Frosting.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"This cake is mixed without an electric mixer. Use a food processor to shred the carrots and put the cake together even faster."

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yield:

"1 Cake"

Per serving: 521 Calories (kcal); 27g Total Fat; (46% calories from fat); 5g Protein; 66g Carbohydrate; 51mg Cholesterol; 241mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 5 Fat; 3 1/2 Other Carbohydrates

NOTES : *if using self-rising flour, omit baking soda and salt.

Lighter Carrot Cake: For less fat and fewer calories per serving, substitute 1/2 cup unsweetened applesauce for 1/2 cup of the oil and 1 egg plus 4 egg whites for the eggs. Decrease the chopped nuts to 1/2 cup.

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* Exported from MasterCook *

Cream Cheese Frosting

Recipe By : [Sally](#) Serving Size : 16 Preparation Time : 0:00
Categories : Cakes [Desserts](#)

Amount	Measure	Ingredient -- Preparation Method
1	(8 ounce) package	cream cheese -- softened
1/4	cup	stick margarine or butter* -- soft
2	teaspoons	milk
1	teaspoon	vanilla
4	cups	powdered sugar

Beat cream cheese, margarine, milk and vanilla in medium bowl with electric mixer on low speed until smooth.

Gradually beat in powdered sugar on low speed, 1 cup at a time, until smooth and spreadable. Frost one 13 x 9-inch cake generously, or fills and frosts one 8- or 9-inch two-layer cake. Refrigerate any remaining frosting.

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Yield:

"2 1/2 cups"

Per serving: 193 Calories (kcal); 8g Total Fat; (35% calories from fat); 1g Protein; 30g Carbohydrate; 16mg Cholesterol; 76mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 2 Other Carbohydrates

NOTES : "We do not recommend using vegetable oil spreads.

Chocolate Cream Cheese Frosting: Add 2 ounces unsweetened baking chocolate, melted and cooled, with the margarine.
Nutr. Assoc. : 0 4098 0 0 0

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Carrot-Nut Bread

Recipe By :
Serving Size : 24 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
1 1/2	cups	shredded carrots (about 3 medium)
3/4	cup	sugar
1/3	cup	vegetable oil
2		eggs
3/4	cup	all-purpose flour
3/4	cup	whole wheat flour
1/4	cup	coarsely chopped walnuts or pecans
2	teaspoons	baking powder
1/2	teaspoon	salt
1/2	teaspoon	ground cinnamon
1/2	teaspoon	ground cloves

Heat oven to 350°. Grease bottom only of loaf pan, 8 1/2 x 4 1/2 x 2 1/2 inches or 9 x 5 x 3 inches. Mix carrots, sugar, oil and eggs in large bowl. Stir in remaining ingredients. Pour into pan. Bake 50 to 60 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaf from pan; remove from pan. Cool completely on wire rack before slicing. Store tightly wrapped in refrigerator up to 1 week.

1 loaf (24 slices)

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Yield:

"1 Loaf"

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Per serving: 95 calories (kcal); 4g Total Fat; (39% calories from fat); 2g Protein; 13g Carbohydrate; 16mg Cholesterol; 93mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates

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* Exported from MasterCook *

Cashew Triangles

Recipe By :
Serving Size : 24 Preparation Time :0:00
Categories : Cookies & Brownies

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	margarine or butter (1 stick) -- softened
1/4	cup	granulated sugar
1/4	cup	packed brown sugar
1/2	teaspoon	vanilla
1		egg -- separated
1	cup	all-purpose flour
1/8	teaspoon	salt
1	teaspoon	water
1	cup	chopped salted cashews, macadamia nuts or toasted almonds
1	ounce	unsweetened chocolate -- melted and cooled

Heat oven to 350°. Mix margarine, sugars, vanilla and egg yolk in medium bowl. Stir in flour and salt. Press dough in ungreased rectangular pan, 13 x 9 x 2 inches, with floured hands. Beat egg white and water; brush over dough. Sprinkle with cashews; press lightly into dough.

Bake about 25 minutes or until light brown; cool 10 minutes. Cut into 3-inch squares. Cut each square diagonally in half. Immediately remove from pan; cool. Drizzle with chocolate. Let stand about 2 hours or until chocolate is set.

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Description:

"You can cut these cookies into squares or bars. We think the triangles add a unique look!"

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Yield:

"24 Cookies"

T(Bake):

"0:25"

Per serving: 110 Calories (kcal); 7g Total Fat; (57% calories from fat); 2g Protein; 10g Carbohydrate; 8mg Cholesterol; 60mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat;
1/2 Other Carbohydrates

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Cheese and Spinach Muffins

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
1 1/4	cups	milk
1/3	cup	margarine or butter -- melted
1		egg
2	cups	all-purpose flour
1/4	cup	grated Parmesan cheese
2	tablespoons	chopped green onions
3	teaspoons	baking powder
1/4	teaspoon	salt
1/2	cup	coarsely chopped fresh spinach
		OR
1/4	cup	very well drained, frozen (thawed) chopped spinach
1/2	cup	shredded swiss cheese
		Grated Parmesan cheese

Heat oven to 400°. Grease bottoms only of 12 medium muffin cups, 2 1/2 x 1 1/4 inches, or line with paper baking cups. Beat milk, margarine and egg in large bowl. Stir in flour, 1/4 cup Parmesan cheese, the green onions, baking powder and salt just until flour is moistened. Fold in spinach and Swiss cheese. Divide batter evenly among muffin cups (cups will be almost full). Sprinkle with Parmesan cheese.

Bake 18 to 20 minutes or until golden brown. Immediately remove from pan.

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You may notice that the nutritional information calculated by MasterCook is different from the nutritional information listed in the Betty Crocker® cookbooks. Because MasterCook and Betty Crocker® use different nutritional analysis programs and different nutrient databases, variations in results are expected.

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Yield:
"12 Muffins"

Per serving: 169 calories (kcal); 8g Total Fat; (44% calories from fat); 6g Protein; 18g Carbohydrate; 25mg Cholesterol; 287mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

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* Exported from MasterCook *

Cheese Pizza

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Main and Side Dishes

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Amount	Measure	Ingredient -- Preparation Method
Pizza Crust -- (recipe follows)		
1	(8 ounce) can	pizza sauce
1	(4 ounce) can	sliced mushrooms -- drained
		OR
1	(4 ounce) can	chopped green chiles -- drained
3	cups	shredded Mozzarella, Cheddar or Monterey
		Jack cheese (12 ounces)
1/4	cup	grated Parmesan or Romano cheese
PIZZA CRUST		
1	package	regular or quick active dry yeast
1	cup	warm water (105° to 115°)
2 1/2	cups	all-purpose flour*
2	tablespoons	olive or vegetable oil
1/2	teaspoon	salt
		olive or vegetable oil
		Cornmeal

Prepare Pizza Crust. Spread pizza sauce over partially baked crusts. Sprinkle with mushrooms and cheeses.

Bake pizzas at 425° about 10 minutes, until cheese is melted and pizzas are bubbly.

Meat Pizza: Cook 1 pound ground beef, bulk Italian sausage or ground turkey, 1 teaspoon Italian seasoning and 2 cloves garlic, finely chopped, in 10-inch medium skillet over medium heat, stirring occasionally, until beef is brown; drain. Sprinkle beef mixture over pizza sauce. Decrease Mozzarella cheese to 2 cups.

PIZZA CRUST:

Dissolve yeast in warm water in medium bowl. Stir in flour, 2 tablespoons oil and the salt. Beat vigorously 20 strokes. Cover and let rest 20 minutes. Move oven rack to lowest position. Heat oven to 425°. Grease 2 cookie sheets or 12-inch pizza pans with oil. Sprinkle with cornmeal. Divide dough in half; pat each half onto 11-inch circle on cookie sheet with floured fingers. Prick dough thoroughly with fork. Bake about 10 minutes or until crust just begins to brown.

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Yield:

"2 Pizzas"

Per serving: 344 Calories (kcal); 16g Total Fat; (41% calories from fat); 15g Protein; 35g Carbohydrate; 40mg Cholesterol; 597mg Sodium
Food Exchanges: 2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates

NOTES : *If using self-rising flour, omit salt. One cup whole wheat flour can be substituted for 1 cup of the all-purpose flour, if desired.

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986 0 986 0

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Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Main and Side Dishes

Amount	Measure	Ingredient -- Preparation Method
1/3	cup	margarine or butter -- softened
1/2	teaspoon	ground mustard (dry)
1	clove	garlic -- crushed
10	slices	white bread -- crusts removed
2	cups	shredded sharp cheddar cheese (8 ounces)
2	tablespoons	chopped parsley
2	tablespoons	chopped onion
1	teaspoon	salt
1/2	teaspoon	worcestershire sauce
1/8	teaspoon	pepper
	dash	ground red pepper (cayenne)
4		eggs
2 1/2	cups	milk

Mix margarine, mustard and garlic. Spread evenly over each slice bread. Cut each slice into thirds. Line bottom and sides of ungreased square baking dish, 8 x 8 x 2 inches, with half of the bread slices, buttered sides down, cutting to fit.

Mix cheese, parsley, onion, salt, worcestershire sauce, pepper and red pepper. Spread evenly over bread slices in dish. Top with remaining bread slices, buttered sides up.

Beat eggs in medium bowl. Stir in milk. Pour over bread. Cover and refrigerate at least 2 hours but no longer than 24 hours.

Heat oven to 325°. Bake uncovered about 1 1/4 hours or until knife inserted in center comes out clean. Let stand 10 minutes before cutting.

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T(Bake):
"1:15"

Per serving: 463 Calories (kcal); 31g Total Fat; (59% calories from fat); 20g Protein; 27g Carbohydrate; 179mg Cholesterol; 1024mg Sodium
Food Exchanges: 1 1/2 Grain(starch); 2 Lean Meat; 0 Vegetable; 1 Fruit; 5 Fat; 0 Other Carbohydrates

NOTES : Tip

To save time, use finely chopped garlic from a jar, and don't remove the crusts from the bread. Purchase the cheese already shredded in an 8-ounce package.

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Cheese Straw Twists

Recipe By :
Serving Size : 48 Preparation Time :0:00
Categories : Breads Holiday

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Amount	Measure	Ingredient -- Preparation Method
2/3	cup	grated Parmesan cheese
1	tablespoon	paprika
1	(17 1/4 ounce) package	frozen puff pastry -- thawed
1		egg -- slightly beaten

Heat oven to 425°. Line 2 cookie sheets with cooking parchment paper or heavy brown paper. Mix cheese and paprika. Roll 1 sheet of pastry into rectangle, 12 x 10 inches, on lightly floured surface with floured cloth-covered rolling pin.

Brush pastry with egg. Sprinkle with 3 tablespoons of the cheese mixture. Press cheese mixture gently into pastry. Turn pastry over. Repeat with egg and cheese mixture. Fold pastry lengthwise in half.

Cut pastry crosswise into 1/2-inch strips. Unfold strips and roll each end in opposite directions to twist. Place twists on cookie sheet.

Bake 7 to 8 minutes or until puffed and golden brown. Repeat with remaining sheet of pastry, egg and cheese mixture. Remove from cookie sheet to wire rack. Serve warm or cool.

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Yield:
"48 Twists"

Per serving: 63 calories (kcal); 4g Total Fat; (61% calories from fat); 1g Protein; 5g Carbohydrate; 5mg Cholesterol; 47mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

NOTES : These easy bread sticks are welcome additions to your bread basket-the crisp-tender morsels will melt in your mouth! For a peppery twist, mix 2 teaspoons cracked black pepper with the Parmesan cheese mixture. To serve as appetizers, cut the twists in half before baking.

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Cheese Triangles

Recipe By :
Serving Size : 35 Preparation Time :0:00
Categories : Appetizers Holiday

Amount	Measure	Ingredient -- Preparation Method
1	pound	Feta cheese*
2		eggs -- slightly beaten
1/4	cup	finely chopped chives
1/4	teaspoon	white pepper
1	(6 ounce) package	frozen phyllo sheets -- thawed
1/4	cup	margarine or butter (1/2 stick) -- melted

Heat oven to 350°. Grease cookie sheet. Crumble cheese in small bowl; mash

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with fork. Stir in eggs, chives and white pepper until well mixed. Cut stack of phyllo sheets lengthwise into thirds. Cover with waxed paper, then with damp towel to prevent them from drying out. Use 2 sheets of phyllo for each strip. Place 1 heaping teaspoon cheese mixture on end of strip; fold phyllo strip end over end, in triangular shape, to opposite end. Place on cookie sheet. Repeat with remaining phyllo and cheese mixture. (Triangles can be covered and refrigerated up to 24 hours at this point.) Brush margarine over triangles.

Bake about 20 minutes or until puffed and golden.

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Yield:

"35 Appetizers"

T(Bake):

"0:20"

Per serving: 64 Calories (kcal); 5g Total Fat; (75% calories from fat); 3g Protein; 1g Carbohydrate; 22mg Cholesterol; 187mg Sodium
Food Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : *Finely shredded Monterey Jack cheese can be substituted for the mashed Feta cheese.

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Cheesy Breadsticks

Recipe By :
Serving Size : 24 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
1/4	cup	grated Parmesan cheese
1/2	teaspoon	paprika
2	cups	all-purpose flour
1/2	cup	shredded Cheddar cheese
3/4	cup	milk
2	tablespoons	margarine or butter -- melted
2	teaspoons	baking powder
1	teaspoon	sugar
1	teaspoon	salt
1		egg -- beaten

Mix Parmesan cheese and paprika; reserve. Mix remaining ingredients except egg until dough leaves side of bowl. Turn dough onto lightly floured surface; gently roll in flour to coat. Knead lightly 20 to 25 times. Cover and let stand 15 minutes.

Heat oven to 400°. Grease 2 cookie sheets. Divide dough in half. Cover and reserve one-half of dough. Roll other half of dough into rectangle, 10 x 11 inches. Brush with half of the egg; sprinkle with half of the cheese mixture. Press cheese mixture lightly into dough. Cut rectangle lengthwise into 12 strips. Gently twist each strip several times; place on one of the cookie sheets.

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Bake 12 to 15 minutes or until golden brown. Immediately remove from cookie sheet. Cool on wire rack. Repeat with remaining dough, egg and cheese mixture.

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yield

"24 breadsticks"

Per serving: 68 calories (kcal); 3g Total Fat; (33% calories from fat); 3g Protein; 9g Carbohydrate; 12mg cholesterol; 177mg sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : Cheesy Pretzels: Roll each half of the dough into rectangle, 12 x 8 inches. Cut each rectangle lengthwise into 8 strips. Fold each strip lengthwise in half; pinch edges to seal. Twist folded strips into pretzel shapes; place seam sides down on greased cookie sheet. Brush pretzels with egg; sprinkle with the cheese mixture. Bake as directed.

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Cheesy Garlic Monkey Bread

Amount	Measure	Ingredient -- Preparation Method
3 1/2	cups	bread flour
1/4	cup	shortening
1/3	cup	sugar
3/4	cup	water
1	teaspoon	salt
1 1/2	teaspoons	bread machine yeast
1		egg
1/3	cup	grated Parmesan cheese
4	cloves	garlic -- finely chopped
1/2	cup	margarine or butter (1 stick) -- melted

Measure carefully, placing all ingredients except Parmesan cheese, garlic and margarine in bread machine pan in the order recommended by the manufacturer. Select Dough/Manual cycle.

Grease tube pan, 10 x 4 inches, or 12-cup bundt cake pan. Divide dough into 20 equal pieces. Mix cheese and garlic. Dip dough pieces into melted margarine, then roll in cheese mixture. Arrange in layers in pan. Cover and let rise in warm place about 45 minutes or until double.

Heat oven to 350°. Bake 35 to 45 minutes or until golden brown. Remove from pan. Serve warm.

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Yield:
"10 Slices"

Per serving: 348 Calories (kcal); 16g Total Fat; (42% calories from fat); 8g Protein; 42g Carbohydrate; 21mg Cholesterol; 377mg Sodium
Food Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 3 Fat; 1/2 other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 2019 0 0 0 4098

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Cheesy Grits

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Main and Side Dishes Rice and Grains

Amount	Measure	Ingredient -- Preparation Method
2	cups	milk
2	cups	water
1	teaspoon	salt
1/4	teaspoon	pepper
1	cup	hominy quick grits
1 1/2	cups	shredded Cheddar cheese (6 ounces)
1/4	cup	sliced green onions
2		eggs -- slightly beaten
1	tablespoon	margarine or butter
1/4	teaspoon	paprika

Heat oven to 350°. Grease 1 1/2-quart casserole. Heat milk, water, salt and pepper to boiling in 2-quart saucepan. Gradually add grits, stirring constantly; reduce heat. Simmer uncovered, stirring frequently, until thick, about 5 minutes. Stir in cheese and onions. Stir 1 cup of the hot mixture into eggs; stir into remaining hot mixture in saucepan.

Pour hot mixture into casserole. Dot with margarine; sprinkle with paprika. Bake uncovered until set, 35 to 40 minutes. Let stand 10 minutes.

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Per serving: 226 Calories (kcal); 12g Total Fat; (47% calories from fat); 10g Protein; 19g Carbohydrate; 77mg Cholesterol; 461mg Sodium
Food Exchanges: 1 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

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Cheesy Pretzels

Recipe By :
Serving Size : 16 Preparation Time :0:00
Categories : Appetizers Baking with Kids
 Breads

Amount	Measure	Ingredient -- Preparation Method
Shortening		
1 1/2	cups	all-purpose flour
1/2	cup	shredded cheddar cheese (2 ounces)
2/3	cup	milk
2	tablespoons	margarine or butter (from a stick)
2	teaspoons	baking powder
1	teaspoon	sugar
1/2	teaspoon	salt
1	large	egg
		Coarse salt

Heat oven to 400°.

Generously grease cookie sheet with:
Shortening

Mix in medium bowl with fork to make a dough:

1 1/2 cups all-purpose flour
1/2 cup shredded cheddar cheese (2 ounces)
2/3 cup milk
2 tablespoons (from a stick) margarine or butter
2 teaspoons baking powder
1 teaspoon sugar
1/2 teaspoon salt

Sprinkle a clean surface (such as a kitchen counter or bread board) with flour. Put dough on surface. Roll ball of dough around 3 or 4 times. Knead dough quickly and lightly by folding, pressing and turning. Repeat 10 times.

Divide dough in half. Roll or pat half of the dough into 12 x 8-inch rectangle. Adult help: cut dough lengthwise into eight 1-inch-wide strips. Fold each strip lengthwise in half to make it more narrow. Pinch the edges to seal.

Twist each strip into a pretzel shape. Put pretzels, seam sides down, on cookie sheet.

Beat in small bowl with fork:
1 large egg

Brush pretzels with the beaten egg, then sprinkle lightly with:
Coarse salt

Bake 10 to 15 minutes or until golden brown. Remove pretzels from cookie sheet with spatula to wire rack. Cool. Repeat making pretzels with the rest of the dough.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Yield:
"16 Pretzels"

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Per serving: 81 Calories (kcal); 3g Total Fat; (37% calories from fat); 3g Protein; 10g Carbohydrate; 17mg Cholesterol; 175mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : Utensils You Will Need

Cookie sheet • Pastry brush • Medium bowl • Fork • Dry-ingredient measuring cups • Liquid measuring cup • Measuring spoons • Rolling pin • Ruler • Knife • Small bowl • Pot holders • Spatula • Wire cooling rack

Here's another idea. . . Make Peanutty Pretzels: Leave out the cheese. Use 2 tablespoons crunchy peanut butter in place of the margarine. Use 2 tablespoons chopped salted peanuts in place of the coarse salt.

Tip

A pizza cutter makes quick work of cutting the dough into strips.
Nutr. Assoc. : 0 0 4922 0 4098 0 0 0 0

* Exported from MasterCook *

Cherry-Almond Coffee Cake

Recipe By :
Serving Size : 16 Preparation Time :0:00
Categories : Cakes

Amount	Measure	Ingredient -- Preparation Method
1	1/3 cup	finely chopped almonds
1	cup	sugar
	1/2 cup	margarine or butter (1 stick) -- softened
	1/2 cup	milk
	1/2 teaspoon	almond extract
1	(15 ounce) container	Ricotta cheese
2		eggs
2	1/2 cups	all-purpose flour
1	cup	dried cherries -- chopped
		OR
1	cup	prunes -- chopped
1	cup	chopped almonds -- toasted if desired
3	teaspoons	baking powder
1/2	teaspoon	salt

Heat oven to 350°. Grease 12-cup bundt cake pan or tube pan, 10 • 4 inches. Coat pan with 1/3 cup finely chopped almonds. Beat sugar, margarine, milk, almond extract, Ricotta cheese and eggs in large bowl on low speed until blended. Beat on medium speed 2 minutes, scraping bowl occasionally. Beat in remaining ingredients (batter will be very thick). Spread in pan.

Bake 55 to 65 minutes or until toothpick inserted near center comes out clean. Cool 20 minutes. Remove from pan; place on wire rack. Sprinkle with powdered sugar if desired. Serve warm or let stand until cool.

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Yield:

"1 Cake"

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Per serving: 331 Calories (kcal); 17g Total Fat; (44% calories from fat); 9g Protein; 39g Carbohydrate; 38mg Cholesterol; 261mg Sodium
Food Exchanges: 1 Grain(Starch); 1 Lean Meat; 1 vegetable; 1/2 Fruit; 3 Fat; 1 Other Carbohydrates

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* Exported from MasterCook *

Cherry-Almond Loaf (1 1/2-Pound Recipe)

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Bread Machine Breads

Amount	Measure	Ingredient -- Preparation Method
3/4	cup	plus 2 tablespoons water
1/2	cup	whole maraschino cherries -- well-drained
2	tablespoons	margarine or butter -- softened
3	cups	bread flour
2	tablespoons	sugar
1	tablespoon	dry milk
1 1/2	teaspoons	salt
2	teaspoons	bread machine yeast
1/2	cup	slivered almonds

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients except almonds in bread machine pan in the order recommended by the manufacturer. Add almonds at the Raisin/Nut signal or 5 to 10 minutes before last kneading cycle ends.

Select Sweet or Basic/white cycle. Use Medium or Light crust color. Do not use delay cycles. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Yield:
"1 Loaf"

Per serving: 201 Calories (kcal); 6g Total Fat; (26% calories from fat); 6g Protein; 32g Carbohydrate; 1mg Cholesterol; 298mg Sodium
Food Exchanges: 2 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates

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cherry-Almond Loaf (1-Pound Recipe)

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Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Bread Machine Breads

Amount	Measure	Ingredient -- Preparation Method
2/3	cup	water
1/3	cup	whole maraschino cherries -- well-drained
1	tablespoon	margarine or butter -- softened
2	cups	bread flour
1	tablespoon	sugar
2	teaspoons	dry milk
1	teaspoon	salt
1 1/4	teaspoons	bread machine yeast
1/4	cup	slivered almonds

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients except almonds in bread machine pan in the order recommended by the manufacturer. Add almonds at the Raisin/Nut signal or 5 to 10 minutes before last kneading cycle ends.

Select Sweet or Basic/White cycle. Use Medium or Light crust color. Do not use delay cycles. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Yield:
"1 Loaf"

Per serving: 186 Calories (kcal); 5g Total Fat; (22% calories from fat); 5g Protein; 31g Carbohydrate; 1mg Cholesterol; 292mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 0 26575 4098 0 0 0 0 2019 0

* Exported from MasterCook *

Cherry-Coconut Bars

Recipe By :
Serving Size : 48 Preparation Time :0:00
Categories : Cookies & Brownies Holiday

Amount	Measure	Ingredient -- Preparation Method
4	cups	Holiday Cookie Mix -- (see recipe)
1/2	cup	margarine or butter (1 stick) -- softened
1 1/2	cups	sugar
3/4	cup	flaked coconut
1/3	cup	all-purpose flour
3/4	cup	chopped maraschino cherries -- drained
1	teaspoon	vanilla
3/4	teaspoon	baking powder
1/2	teaspoon	salt

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eggs -- beaten
cup chopped nuts

Heat oven to 350°. Mix Holiday Cookie Mix and margarine. Press in ungreased rectangular pan, 13 x 9 x 2 inches. Bake 25 minutes.

Mix remaining ingredients except nuts; spread over baked layer. Sprinkle with nuts.

Bake about 25 minutes or until center is set. Cool completely. Cut into about 2 x 1-inch bars.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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yield:

"48 Bars"

Per serving: 127 Calories (kcal); 6g Total Fat; (40% calories from fat); 2g Protein; 18g Carbohydrate; 12mg Cholesterol; 106mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fruit; 1 Fat; 1 Other Carbohydrates

NOTES : The crackly top on these bars is easiest to cut with a wet, sharp knife.

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Holiday Cookie Mix

Recipe By :

Serving size : 8 Preparation Time : 0:00

Categories : Cookies & Brownies

Holiday

Amount	Measure	Ingredient -- Preparation Method
8	cups	all-purpose flour
4	cups	packed brown sugar
1	tablespoon	salt
1 1/2	teaspoons	baking soda
1 1/2	cups	shortening

Mix flour, sugar, salt and baking soda. Cut in shortening with pastry blender or 2 knives until mixture resembles fine crumbs. Place desired amounts of mix in storage containers (plastic containers or jars or large plastic bags). Seal tightly, label and refrigerate up to 10 weeks. To measure, dip dry-ingredient measuring cup into cookie mix; level with straight-edged spatula.

15 to 16 cups cookie mix

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"This multipurpose mix makes quite a large batch, but it can be easily mixed in a large roasting pan, a plastic dishpan, the vegetable bin

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from your refrigerator or a 6-quart mixing bowl."
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Yield:
"16 Cups"

Per serving: 9667 Calories (kcal); 317g Total Fat; (29% calories from fat); 103g Protein; 1619g Carbohydrate; 0mg Cholesterol; 8646mg Sodium
Food Exchanges: 50 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 61 1/2 Fat;
57 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0

* Exported from MasterCook *

Chicken Jumbo Shells

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Main and Side Dishes Pasta
 Poultry

Amount	Measure	Ingredient -- Preparation Method
12		uncooked jumbo pasta shells
1	tablespoon	olive or vegetable oil
2	medium	tomatoes (about 1 1/2 cups) -- seeded and chopped
1	medium stalk	celery (about 1/2 cup) -- thinly sliced
1	medium	carrot (about 1/2 cup) -- finely chopped
1	clove	garlic -- finely chopped
1	cup	diced cooked chicken
1	tablespoon	dry white wine OR
1	tablespoon	chicken broth
1	(15 ounce) container	Ricotta cheese
1	cup	seasoned croutons
1	teaspoon	chopped fresh parsley
1/4	teaspoon	salt
1/4	teaspoon	pepper

Cook pasta shells as directed on package; drain. Heat oven to 400°. Grease square pan, 8 x 8 x 2 inches. Heat oil in 10-inch skillet over medium-high heat. Cook tomatoes, celery, carrot and garlic in oil 5 to 7 minutes, stirring frequently, until celery and carrot are crisp-tender. Stir in chicken and wine. Cook 5 minutes until wine is evaporated.

Stir remaining ingredients into chicken mixture. Fill cooked shells with chicken mixture. Place filled sides up in pan. Bake uncovered about 10 minutes or until filling is golden brown.

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Per serving: 437 Calories (kcal); 21g Total Fat; (44% calories from fat); 28g Protein; 33g Carbohydrate; 84mg Cholesterol; 396mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 3 Lean Meat; 1 Vegetable; 0 Fruit; 2 1/2 Fat; 0 other Carbohydrates

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Chicken Pot Pie

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Main and Side Dishes Poultry

Amount	Measure	Ingredient -- Preparation Method
1	(10 ounce) package	frozen peas and carrots
1/3	cup	margarine or butter
1/3	cup	all-purpose flour
1/3	cup	chopped onion
1/2	teaspoon	salt
1/4	teaspoon	pepper
1 3/4	cups	chicken broth
2/3	cup	milk
2 1/2	cups	cut-up cooked chicken or turkey (2 1/2 to 3 cups)
		Pastry for 9-Inch Two-Crust Pie -- (see Favorite Pastry Recipe)

Rinse frozen peas and carrots in cold water to separate; drain. Melt margarine in 2-quart saucepan over medium heat. Stir in flour, onion, salt and pepper. Cook, stirring constantly, until mixture is bubbly; remove from heat. Stir in broth and milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in chicken and peas and carrots; remove from heat.

Heat oven to 425°. Prepare pastry. Roll two-thirds of the pastry into 13-inch square. Ease into ungreased square pan, 9 x 9 x 1 inches. Pour chicken mixture into pastry-lined pan.

Roll remaining pastry into 11-inch square. Cut out designs with 1-inch cookie cutter. Place square over chicken mixture. Arrange cutouts on pastry. Turn edges of pastry under and flute.

Bake about 35 minutes or until golden brown.

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Yield:
"1 Pie"
T(Bake):
"0:35"

Per serving: 451 Calories (kcal); 26g Total Fat; (51% calories from fat); 25g Protein; 29g Carbohydrate; 64mg Cholesterol; 793mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 4 1/2 Fat; 0 Other Carbohydrates

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Favorite Pastry for 9-Inch Two-Crust Pie

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method
2	cups	all-purpose flour
1	teaspoon	salt
2/3	cup	lard
		OR
2/3	cup	plus 2 tablespoons shortening
4	tablespoons	cold water (4 to 5 tablespoons)

Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons water can be added if necessary).

Divide pastry in half and shape into 2 flattened round on lightly floured cloth-covered surface.

Roll pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.

Turn desired filling into pastry-lined pie plate. Trim overhanging edge of pastry 1/2 inch from rim of plate. Roll other round of pastry. Fold into fourths; cut slits so steam can escape.

Place over filling and unfold. Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll top edge under lower edge, pressing on rim to seal. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. Or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into V shape; pinch again to sharpen.

For Baked Pie Shell: Heat oven to 475°. Prick bottom and side thoroughly with fork. Bake 8 to 10 minutes or until light brown; cool.

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Yield:
"2 Crusts"

Per serving: 268 calories (kcal); 17g Total Fat; (59% calories from fat); 3g Protein; 24g Carbohydrate; 16mg Cholesterol; 267mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 3 1/2 Fat; 0 other Carbohydrates

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Chicken with Gingered Brown Rice Stuffing

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Main and Side Dishes Poultry

Amount	Measure	Ingredient -- Preparation Method
1	tablespoon	orange juice
1	small onion -- finely chopped (about 1/4 cup)	
2	cups cooked brown rice	
	OR	
2	cups cooked white rice	
3	tablespoons finely chopped crystallized ginger	
2	tablespoons chopped fresh parsley	
	OR	
2	teaspoons dried parsley flakes	
1	teaspoon orange juice	
3/4	teaspoon chopped fresh thyme	
	OR	
1/4	teaspoon dried thyme leaves	
4	(4 ounce) skinless, boneless chicken breast halves (1 pound)	
1	tablespoon orange juice	
1/4	teaspoon cinnamon	

Heat oven to 350°. Heat 1 tablespoon orange juice to boiling in 2-quart saucepan over medium heat. Cook onion in orange juice, stirring frequently, until crisp-tender. Stir in rice, ginger, parsley, 1 tablespoon orange juice and the thyme. Spoon rice mixture into greased square baking dish, 8 x 8 x 2 inches.

Place chicken breasts over rice mixture; brush with 1 tablespoon orange juice; sprinkle with cinnamon. Cover and bake 30 minutes. Remove cover; bake 15 to 20 minutes longer or until juice of chicken is no longer pink when centers of thickest pieces are cut.

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Per serving: 277 Calories (kcal); 2g Total Fat; (8% calories from fat); 29g Protein; 26g Carbohydrate; 73mg Cholesterol; 81mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 3 1/2 Lean Meat; 1/2 vegetable; 1/2 fruit; 0 Fat; 1/2 Other Carbohydrates

NOTES : Crystallized ginger adds a spicy flavor to this easy chicken and rice dish.

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2314 0 0

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Chicken with Orange-Pecan Rice

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Main and Side Dishes Poultry

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Amount	Measure	Ingredient -- Preparation Method
1	(6 1/4 ounce) package	fast-cooking long grain and wild rice
2	cups	orange juice
1/4	cup	chopped pecans
1	(2 ounce) jar	diced pimientos -- drained
4	(4 ounce)	skinless boneless chicken breast halves (about 1 pound)
		chopped fresh parsley -- if desired

Heat oven to 350°. Grease square pan, 8 x 8 x 2 inches.

Mix rice, seasoning packet included in rice mix, orange juice, pecans and pimientos in pan. Place chicken on rice.

Cover and bake 35 to 45 minutes or until liquid is absorbed and juice of chicken is no longer pink when center of thickest pieces are cut. Sprinkle with parsley.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Per serving: 380 Calories (kcal); 7g Total Fat; (16% calories from fat); 32g Protein; 47g Carbohydrate; 66mg Cholesterol; 564mg Sodium
Food Exchanges: 2 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 1 Fruit; 2 Fat; 0 Other Carbohydrates

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Chile Pepper-Cheese Bread

Recipe By :
Serving Size : 16 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
1	package	active dry yeast
1/2	cup	warm water (105° to 115°)
1/2	cup	lukewarm milk -- (scalded then cooled)
2/3	cup	margarine or butter -- softened
2		eggs
1	teaspoon	salt
2 1/2	cups	all-purpose flour*
1/2	cup	cornmeal
1	cup	shredded hot pepper cheese (about 4 ounces)
2	tablespoons	chopped green chiles -- drained on paper towels (2 to 4 tablespoons)
		Cornmeal

Dissolve yeast in warm water in large mixing bowl. Stir in milk, margarine, eggs, salt and 1 cup of the flour. Beat on low speed, scraping bowl constantly, 30 seconds. Beat on medium speed, scraping bowl occasionally, 2 minutes. Stir in remaining flour, 1/2 cup cornmeal, the cheese and chiles. Scrape batter from side of bowl. Cover; let rise in

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warm place until double, about 30 minutes.

Stir down batter by beating about 25 strokes. Spread in greased 2-quart round casserole. Cover; let rise until double, about 40 minutes.

Heat oven to 375°. Sprinkle loaf with cornmeal. Bake until loaf is brown and sounds hollow when tapped, 40 to 45 minutes. Remove from casserole; cool on wire rack. To serve, cut into wedges with serrated knife.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Yield:
"1 Loaf"

Per serving: 197 Calories (kcal); 11g Total Fat; (49% calories from fat); 5g Protein; 19g Carbohydrate; 32mg Cholesterol; 343mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates

NOTES : *If using self-rising flour, omit salt.

onion-dill Bread: Omit cornmeal, cheese and chiles. Increase flour to 3 cups. Stir in 1/4 cup chopped onion and 1 tablespoon dried dill weed with the second addition of flour. Brush top of loaf with margarine or butter, softened, and sprinkle with sesame seed or poppy seed before baking.

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chile-Cheese Batter Bread

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
2	cups	all-purpose flour
2	teaspoons	baking powder
3/4	teaspoon	salt
1/2	teaspoon	baking soda
1	cup	shredded Cheddar cheese (4 ounces)
1	(4 ounce) can	chopped green chiles -- well drained
1	cup	buttermilk
1	tablespoon	vegetable oil
1		egg

Heat oven to 350°. Grease pie plate, 9 x 1 1/4 inches. Mix flour, baking powder, salt and baking soda in large bowl. Add cheese and chiles; toss. Stir in remaining ingredients just until flour is moistened (batter will be lumpy). Pour into pie plate.

Bake 40 to 45 minutes or until golden brown and toothpick inserted in center comes out clean; remove from pie plate. Cool on wire rack.

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Yield:

"8 Pieces"

Per serving: 211 Calories (kcal); 8g Total Fat; (32% calories from fat); 9g Protein; 27g Carbohydrate; 39mg Cholesterol; 529mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1 Fat;
0 Other Carbohydrates

NOTES : You can substitute 1 cup of milk and 1 tablespoon vinegar for the buttermilk if need be.

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chili Dog wraps

Recipe By :

Serving size : 5 Preparation Time :0:00

Categories : Casseroles

Main and side dishes

Amount	Measure	Ingredient -- Preparation Method
10		corn tortillas (6 to 8 inches in diameter) OR
10		flour tortillas (6 to 8 inches in diameter)
10		hot dogs
1	(15 ounce) can	chili (15 to 16 ounce can)
2	cups	salsa
1	cup	shredded cheddar or Monterey Jack cheese (4 ounces)

Heat oven to 350°. Grease rectangular baking dish. 13 x 9 x 2 inches.

Softens tortillas as directed on package. Place 1 hot dog and 3 tablespoons chili on each tortilla. Roll up tortillas; place seam side down in baking dish. Spoon salsa over tortillas.

Cover and bake 20 minutes. Sprinkle with cheese. Bake uncovered about 5 minutes longer or until cheese is melted.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"This Mexican-inspired casserole gives you another great way to serve the always popular hot dog."

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Per serving: 685 Calories (kcal); 46g Total Fat; (59% calories from fat); 28g Protein; 42g Carbohydrate; 108mg Cholesterol; 2284mg Sodium
Food Exchanges: 2 Grain(Starch); 3 Lean Meat; 1 Vegetable; 0 Fruit; 7 Fat; 0 Other Carbohydrates

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Chocolate Bonbon Cookies

Recipe By :
Serving Size : 60 Preparation Time :0:00
Categories : Cookies & Brownies Holiday

Amount	Measure	Ingredient -- Preparation Method
4	cups	Holiday Cookie Mix -- (see recipe)
1	cup	chopped nuts
1/4	cup	margarine or butter (1/2 stick) -- softened
1	teaspoon	vanilla
1/2	teaspoon	almond extract
2	ounces	eggs
2	ounces	unsweetened chocolate -- melted and cooled
		Powdered sugar
		Easy Frosting -- (recipe follows)
		EASY FROSTING
1	cup	powdered sugar
1	tablespoon	milk (about)
1/2	teaspoon	almond extract

Heat oven to 375°. Mix Holiday Cookie Mix, nuts, margarine, vanilla, almond extract, eggs and chocolate. Shape dough into 1-inch balls. Place about 1 inch apart on ungreased cookie sheet.

Bake 10 to 12 minutes or until set. Cool slightly before removing from cookie sheet.

Roll about 30 cookies in powdered sugar while warm; cool on wire rack. Roll in powdered sugar again. Frost remaining cookies with Easy Frosting. Decorate frosted cookies with coconut.

EASY FROSTING:

Mix all ingredients until smooth and of spreading consistency.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Yield:
"60 Cookies"

Per serving: 77 calories (kcal); 4g Total Fat; (46% calories from fat); 1g Protein; 10g Carbohydrate; 8mg Cholesterol; 46mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates

NOTES : These little gems are even more tempting when topped with festive treats such as flaked or shredded coconut, edible glitter, chopped candied fruit or chopped maraschino cherries.

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Holiday Cookie Mix

Recipe By :
Serving Size : 0 Preparation Time :0:00
Categories : Cookies & Brownies Holiday

Amount	Measure	Ingredient -- Preparation Method
8	cups	all-purpose flour
4	cups	packed brown sugar
1	tablespoon	salt
1 1/2	teaspoons	baking soda
1 1/2	cups	shortening

Mix flour, sugar, salt and baking soda. Cut in shortening with pastry blender or 2 knives until mixture resembles fine crumbs. Place desired amounts of mix in storage containers (plastic containers or jars or large plastic bags). Seal tightly, label and refrigerate up to 10 weeks. To measure, dip dry-ingredient measuring cup into cookie mix; level with straight-edged spatula.

15 to 16 cups cookie mix

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"This multipurpose mix makes quite a large batch, but it can be easily mixed in a large roasting pan, a plastic dishpan, the vegetable bin from your refrigerator or a 6-quart mixing bowl."

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Yield:

"16 Cups"

Per serving: 9667 Calories (kcal); 317g Total Fat; (29% calories from fat); 103g Protein; 1619g Carbohydrate; 0mg Cholesterol; 8646mg Sodium
Food Exchanges: 50 Grain(Starch); 0 Lean Meat; 0 Vegetable; ■ Fruit; 61 1/2 Fat;
57 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0

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Chocolate Brownie Pie

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method
Favorite Pastry for 9-Inch One-Crust Pie -- (see recipe)		
2	(1 ounce) squares	unsweetened chocolate
2	tablespoons	margarine or butter
3		eggs
1/2	cup	sugar
3/4	cup	dark corn syrup
1	cup	pecan halves

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Heat oven to 375°. Prepare pastry. Heat chocolate and margarine over low heat until melted; cool. Beat chocolate mixture, eggs, sugar and corn syrup with hand beater. Stir in pecans. Pour into pastry-lined pie plate.

Bake just until set, 40 to 50 minutes. Serve with sweetened whipped cream, if desired.

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Yield:
"1 Pie"

Per serving: 446 Calories (kcal); 26g Total Fat; (50% calories from fat); 5g Protein; 53g Carbohydrate; 78mg Cholesterol; 237mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 5 Fat; 2 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 4098 0 0 0 0

* Exported from MasterCook *

Favorite Pastry for 9-Inch One-Crust Pie

Recipe By :
Serving Size : ■ Preparation Time :0:00
Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method
1	cup	all-purpose flour
1/2	teaspoon	salt
1/3	cup	lard
		OR
1/3	cup	plus 1 tablespoon shortening
2	tablespoons	cold water (2 to 3 tablespoons)

Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons water can be added if necessary).

Gather pastry into ball; shape into flattened round on lightly floured cloth-covered surface.

Roll pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.

Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll pastry under, even with plate. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. Or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into V shape; pinch again to sharpen. Fill and bake as directed in recipe.

For Baked Pie Shell: Heat oven to 475°. Prick bottom and side thoroughly with fork. Bake ■ to 10 minutes or until light brown; cool.

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Yield:

"1 Crust"

Per serving: 134 Calories (kcal); 9g Total Fat; (59% calories from fat); 2g Protein; 12g Carbohydrate; 8mg Cholesterol; 134mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 2130706543 2777

* Exported from MasterCook *

Chocolate Butter Frosting

Recipe By :
Serving Size : 16 Preparation Time :0:00
Categories : Cakes

Desserts

Amount	Measure	Ingredient -- Preparation Method
1/3	cup	margarine or butter -- softened
2	ounces	melted unsweetened chocolate -- (cool)
2	cups	powdered sugar
1 1/2	teaspoons	vanilla
2	tablespoons	milk (about)

Mix margarine and chocolate. Mix in powdered sugar. Beat in vanilla and milk until smooth and of spreading consistency.

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Yield:

"1 1/2 Cups"

Per serving: 125 Calories (kcal); 7g Total Fat; (49% calories from fat); trace Protein; 16g Carbohydrate; 0mg Cholesterol; 62mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 1 Other Carbohydrates

Nutr. Assoc. : 4098 5387 0 0 4098

* Exported from MasterCook *

Chocolate Buttercream Frosting

Recipe By :

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Serving Size : 16 Preparation Time : 0:00

Categories : Cakes

Desserts

Amount	Measure	Ingredient -- Preparation Method
3	cups	powdered sugar
1/3	cup	stick margarine or butter -- softened*
2	teaspoons	vanilla
3	ounces	unsweetened baking chocolate -- melted and cooled
2	tablespoons	milk (2 to 3 tablespoon)

Mix all ingredients except milk in medium bowl. Stir in milk until smooth and spreadable. Frost one 13 x 9-inch cake generously or fills and frosts one 8- or 9-inch two-layer cake.

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yield:

"2 1/4 cups"

Per serving: 151 Calories (kcal); 7g Total Fat; (38% calories from fat); 1g Protein; 24g Carbohydrate; trace Cholesterol; 46mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 1 1/2 Other Carbohydrates

NOTES : *we do not recommend using vegetable oil spreads.

To fill and frost one 8-inch three-layer cake, use 4 1/2 cups powdered sugar, 1/2 cup stick margarine or butter, softened, 3 teaspoons vanilla and about 1/4 cup milk.

Nutr. Assoc. : 0 4098 0 0 4038

* Exported from MasterCook *

Chocolate Cheese Eclairs

Recipe By :

Serving size : 8 Preparation Time : 0:00

Catégories : Desserts

Amount	Measure	Ingredient -- Preparation Method
3/4	cup	plus 2 tablespoons all-purpose flour
2	tablespoons	cocoa
1	tablespoon	sugar
1	cup	water
1/2	cup	margarine or butter
4		eggs
		Chocolate Cheese Filling -- (recipe follows)
		Cocoa Glaze -- (recipe follows)
		CHOCOLATE CHEESE FILLING
1	1/4 cup	semisweet chocolate chips
1	(3 ounce) package	cream cheese -- softened
	1/3 cup	packed brown sugar
	1/4 cup	milk
	1/2 teaspoon	vanilla
1	cup	chilled whipping (heavy) cream

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COCOA GLAZE

1 cup powdered sugar
2 tablespoons cocoa
2 tablespoons milk

Heat oven to 400°. Mix flour, cocoa and sugar. Heat water and margarine in 3-quart saucepan to a rolling boil. Stir in flour mixture. Stir vigorously over low heat until mixture forms a ball, about 1 minute. Remove from heat. Beat in eggs; continue beating until smooth. Drop dough by about 1/4 cupfuls 3 inches apart onto ungreased cookie sheet. With spatula, shape each into finger 4 1/2 inches long and 1 1/2 inches wide.

Bake until puffed and darker brown on top, 35 to 40 minutes; cool.

Cut off tops; pull out any filaments of soft dough. Fill eclairs with Chocolate Cheese Filling; replace tops. Spread with Cocoa Glaze just before serving. Refrigerate any remaining eclairs.

CHOCOLATE CHEESE FILLING:

Heat chocolate chips in small heavy saucepan over low heat, stirring occasionally, until melted; cool. Beat cream cheese, sugar, milk and vanilla until smooth and creamy. Stir in chocolate. Beat whipping cream in chilled bowl until soft peaks form. Fold in chocolate mixture.

COCOA GLAZE:

Mix powdered sugar and cocoa. Stir in milk until smooth. If necessary, stir in additional milk, 1/2 teaspoon at a time, until of desired consistency.

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Yield:

"8 Eclairs"

Per serving: 455 Calories (kcal); 31g Total Fat; (59% calories from fat); 7g Protein; 41g Carbohydrate; 179mg Cholesterol; 199mg Sodium
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 1/2 Fat; 2 Other Carbohydrates

Nutr. Assoc. : 14 0 0 ■ 2394 0 2130706543 2130706543 0 0 0 0 0 0 0 721 0 0
0 0 0

* Exported from MasterCook *

Chocolate Chip Bars

Recipe By :
Serving Size : 36 Preparation Time :0:00
Categories : Cookies & Brownies

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	granulated sugar
1/3	cup	packed brown sugar
1/2	cup	margarine or butter -- softened
1	teaspoon	vanilla
1		egg

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1 1/4 cups all-purpose flour
1/2 teaspoon baking soda
1/2 teaspoon salt
1/2 cup chopped nuts
1 (6 ounce) package semisweet chocolate chips

Heat oven to 375°. Grease and flour baking pan, 13 x 9 x 2 inches. Mix sugars, margarine and vanilla. Beat in egg. Stir in flour, baking soda and salt. Mix in nuts and chocolate chips. Spread dough in pan.

Bake until light brown, 12 to 14 minutes. Cool; cut into bars, about 2 x 1/2 inches.

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Yield:
"36 Bars"

Per serving: 94 calories (kcal); 5g Total Fat; (48% calories from fat); 1g Protein; 12g Carbohydrate; 12mg Cholesterol; 76mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates

NOTES : Peanut Butter-chocolate Chip Bars: Decrease margarine to 1/4 cup and mix in 1/3 cup peanut butter. Beat in 2 tablespoons water with the egg. Use 1/2 cup chopped peanuts. Bake 22 to 25 minutes.

Nutr. Assoc. : 0 0 2394 0 0 0 0 0 0 0

* Exported from MasterCook *

Chocolate Chip Shortbread Cookies

Recipe By :
Serving Size : 36 Preparation Time :0:00
Categories : Cookies & Brownies

Amount	Measure	Ingredient -- Preparation Method
1	cup	margarine or butter -- softened
3/4	cup	packed brown sugar
2	cups	all-purpose flour
1	cup	miniature semisweet chocolate chips

Heat oven to 350°. Mix margarine and brown sugar in large bowl until well blended. Stir in flour. Stir in chocolate chips.

Roll dough into 1 1/4-inch balls. Place about 3 inches apart on ungreased cookie sheet. Flatten to about 1/2-inch thickness with greased bottom of glass dipped in sugar.

Bake 12 to 14 minutes or until set. Cool slightly; remove from cookie sheet.

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yield:
"36 Cookies"

Per serving: 111 Calories (kcal); 7g Total Fat; (51% calories from fat); 1g Protein; 13g Carbohydrate; 0mg Cholesterol; 64mg Sodium
Food Exchanges: 1/2 Grain(Starch); ■ Lean Meat; ■ Vegetable; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates

NOTES : Tip

Make all cookies on each cookie sheet the same size to ensure uniform baking. Mixing cookie sizes will cause some to be overbaked or underbaked.

Nutr. Assoc. : 4098 0 0 4149

* Exported from MasterCook *

Chocolate Crinkles

Recipe By :
Serving Size : 72 Preparation Time :0:00
Categories : Cookies & Brownies

Amount	Measure	Ingredient -- Preparation Method
2	cups	granulated sugar
1/2	cup	vegetable oil
4	ounces	melted unsweetened chocolate (cool)
2	teaspoons	vanilla
4		eggs
2	cups	all-purpose flour*
2	teaspoons	baking powder
1/2	teaspoon	salt
1/2	cup	powdered sugar

Mix granulated sugar, oil, chocolate and vanilla in large bowl. Mix in eggs, one at a time. Stir in flour, baking powder and salt. Cover and refrigerate at least 3 hours.

Heat oven to 350°. Shape dough by rounded teaspoonfuls into balls. Roll in powdered sugar. Place about 2 inches apart on greased cookie sheet.

Bake 10 to 12 minutes or until almost no indentation remains when touched.

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yield:
"72 Cookies"

Per serving: 63 calories (kcal); 3g Total Fat; (36% calories from fat); 1g Protein; 10g Carbohydrate; 10mg Cholesterol; 32mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

NOTES : *If using self-rising flour, omit baking soda and salt.
Nutr. Assoc. : 0 0 5385 0 0 14 0 0 0

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Chocolate Frosting

Recipe By :
Serving Size : 54 Preparation Time :0:00
Categories : Cookies & Brownies Holiday

Amount	Measure	Ingredient -- Preparation Method
2	ounces	unsweetened chocolate
2	tablespoons	margarine or butter
3	tablespoons	water
2	cups	powdered sugar (about)

Heat unsweetened chocolate and margarine in 1 1/2-quart saucepan over low heat, stirring until melted; remove from heat. Beat in water and powdered sugar until smooth and of spreading consistency.

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Yield:
"2 1/2 Cups"

Per serving: 27 Calories (kcal); 1g Total Fat; (31% calories from fat); trace Protein; 5g Carbohydrate; 0mg cholesterol; 5mg Sodium
Food Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 0 4098 0 1191

* Exported from MasterCook *

Chocolate Gift Loaf

Recipe By :
Serving Size : 14 Preparation Time :0:00
Categories : Baking with kids Cakes

Amount	Measure	Ingredient -- Preparation Method
2	ounces	unsweetened chocolate -- chopped
		Shortening
		All-purpose flour
1 1/2	cups	all-purpose flour
1	cup	sugar
1/2	cup	shortening
3/4	cup	milk
2	teaspoons	baking powder
1	teaspoon	vanilla
1/2	teaspoon	salt
2	large	eggs
3	cups	powdered sugar
1/3	cup	margarine or butter (from a stick) -- softened
1	teaspoon	vanilla
1	tablespoon	water
2		rolls cherry or strawberry chewy fruit snack (from 4-ounce package)

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Heat oven to 350°.

Melt in saucepan over low heat, stirring a few times, then remove from heat and cool slightly:

2 ounces unsweetened chocolate, chopped

Grease loaf pan with:
shortening

Put small amount in pan and shake to coat, then pour out any extra:
All-purpose flour

Beat in large bowl with electric mixer on medium speed about 30 seconds, scraping bowl all the time, until mixed:

1 1/2 cups all-purpose flour

1 cup sugar

1/2 cup shortening

3/4 cup milk

2 teaspoons baking powder

1 teaspoon vanilla

1/2 teaspoon salt

2 large eggs

The melted chocolate

Beat batter with electric mixer on high speed 3 minutes, scraping bowl a few times. Spread batter in pan.

Bake 1 hour 5 minutes to 1 hour 10 minutes or until toothpick poked in center comes out clean. Adult help: Cool cake in pan 10 minutes, then remove from pan to wire rack. Cool completely.

Beat in second large bowl with electric mixer on medium speed until smooth and spreadable (if necessary, add more water, 1/2 teaspoon at a time):

3 cups powdered sugar

1/3 cup (from a stick) margarine or butter, softened

1 teaspoon vanilla

1 tablespoon water

Frost cake with frosting.

Cut into strips with scissors, and put on cake to look like ribbon on a wrapped package, looping strips on top for bow:

2 rolls cherry or strawberry chewy fruit snack (from 4-ounce package)

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Yield:

"1 Loaf"

Per serving: 356 Calories (kcal); 15g Total Fat; (37% calories from fat); 3g Protein; 54g Carbohydrate; 28mg Cholesterol; 218mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat; 3 Other Carbohydrates

NOTES : Utensils You Will Need

Sharp knife • Cutting board • 1-quart saucepan • Loaf pan, 9 x 5 x 3 inches • Pastry brush • 2 Large bowls • Dry-ingredient measuring cups • Liquid measuring cup • Measuring spoons • Electric mixer • Rubber scraper • Toothpick • Pot holders • Wire cooling rack •

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Small sharp knife • Small spatula • Kitchen scissors
Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 4098 0 0 1214 0

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Chocolate Malt Cakes

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Baking with Kids Cakes

Amount	Measure	Ingredient -- Preparation Method
12		ice-cream cones with flat bottoms (12 to 16)
1 1/4	cups	all-purpose flour
3/4	cup	sugar
1/3	cup	malted milk powder, if you like
1/4	cup	cocoa
1	teaspoon	baking soda
1/4	teaspoon	salt
1/4	cup	vegetable oil
1	teaspoon	vinegar
1/2	teaspoon	vanilla
2/3	cup	cold water
		Chocolate or vanilla ice cream
12		Candy powder straws (12 to 16)
1	(7 ounce) can	whipped cream topping
12		maraschino cherries (12 to 16)

Heat oven to 350°.

Put in muffin cups or pan:
12 to 16 ice-cream cones with flat bottoms

Mix in medium bowl with wooden spoon:

1 1/4 cups all-purpose flour
3/4 cup sugar
1/3 cup malted milk powder, if you like
1/4 cup cocoa
1 teaspoon baking soda
1/4 teaspoon salt

Mix in small bowl with wire whisk:

1/4 cup vegetable oil
1 teaspoon vinegar
1/2 teaspoon vanilla

Stir hard into flour mixture with wire whisk about 1 minute or until well mixed:

The oil mixture
2/3 cup cold water

Immediately pour batter into cones, filling each to within about 1 inch of top of cone.

Bake about 30 minutes or until toothpick poked in centers of cakes comes out clean.

Adult help: Remove cones from muffin cups or pans to wire rack. Cool completely.

Top each cake with small scoop of chocolate or vanilla ice cream, then freeze until ready to serve.

Just before serving, cut in half, then poke closed ends into ice cream:
12 to 16 candy powder straws or plastic straws

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squirt each "malt" with desired amount of whipped cream and top with cherry:

1 can (7 ounces) whipped cream topping
12 to 16 maraschino cherries

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Yield:
"12 cakes"

Per serving: 275 Calories (kcal); 10g Total Fat; (30% calories from fat); 4g Protein; 45g Carbohydrate; 2mg Cholesterol; 236mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 2 1/2 Other Carbohydrates

NOTES : Utensils You Will Need

Muffin pan with medium cups, 2 1/2 x 1 1/4 inches, or rectangular pan, 13 x 9 x 2 inches • Medium bowl • Dry-ingredient measuring cups • Measuring spoons • Wooden spoon • Small bowl • Liquid measuring cup • Wire whisk • Pot holders • Toothpick • Wire cooling rack • Straws • Kitchen scissors • Ice-cream scoop

Nutr. Assoc. : 27035 0 0 863 0 0 0 0 0 0 2641 5863 4627 26575

* Exported from MasterCook *

Chocolate Nesselrode Pie

Recipe By :
Serving Size : 8 Preparation Time : 0:00
Categories : Holiday Pies

Amount	Measure	Ingredient -- Preparation Method
■		Favorite Pastry for 9-Inch Pie Shell -- (see recipe)
1/2	cup	egg yolks -- slightly beaten
1/4	cup	sugar
2	cups	cornstarch
4	teaspoons	milk
1/2	teaspoon	unflavored gelatin
1/2	teaspoon	salt
1	(4 ounce) bar	sweet cooking chocolate -- grated
1	teaspoon	vanilla
1/2	teaspoon	rum flavoring
1	(10 ounce) jar	Nesselrode
3	cups	whipping (heavy) cream

Bake pie shell; cool. Mix egg yolks, sugar, cornstarch, milk, gelatin and salt in 2-quart saucepan. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Pour 1 1/2 cups of the hot mixture into a bowl; cool completely. Reserve 2 tablespoons of the chocolate for topping. Stir remaining chocolate and the vanilla into hot mixture in saucepan; cool.

Line pie plate, 9 x 1 1/4 inches, with waxed paper. Stir rum flavoring and Nesselrode into 1 1/2-cup mixture in bowl. Beat 2 cups of the whipping cream in chilled medium bowl until stiff. Fold half of the whipped cream into Nesselrode mixture and half into chocolate mixture. Pour chocolate mixture into baked pie shell. Pour Nesselrode mixture onto waxed paper in

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pie plate. Refrigerate both mixtures at least 2 hours until firm.

Just before serving, loosen edge of Nesselrode layer from waxed paper with spatula; invert onto chocolate layer and remove waxed paper. Beat remaining 1 cup whipping cream in chilled small bowl until stiff. Spread over pie, covering surface completely. Sprinkle with reserved chocolate. Serve immediately. Refrigerate any remaining pie.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Yield:
"1 Pie"

Per serving: 670 Calories (kcal); 52g Total Fat; (69% calories from fat); 8g Protein; 44g Carbohydrate; 298mg Cholesterol; 345mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 10 Fat; 1 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 5195 0 4794 0 721

* Exported from MasterCook *

Favorite Pastry for 9-Inch One-Crust Pie

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method
1	cup	all-purpose flour
1/2	teaspoon	salt
1/3	cup	lard
		OR
1/3	cup	plus 1 tablespoon shortening
2	tablespoons	cold water (2 to 3 tablespoons)

Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons water can be added if necessary).

Gather pastry into ball; shape into flattened round on lightly floured cloth-covered surface.

Roll pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.

Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll pastry under, even with plate. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. Or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into V shape; pinch again to sharpen. Fill and bake as directed in recipe.

For Baked Pie Shell: Heat oven to 475°. Prick bottom and side thoroughly

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with fork. Bake 8 to 10 minutes or until light brown; cool.

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Yield:
"1 Crust"

Per serving: 134 Calories (kcal); 9g Total Fat; (59% calories from fat); 2g Protein; 12g Carbohydrate; 8mg Cholesterol; 134mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 2130706543 2777

* Exported from MasterCook *

Chocolate Pie Deluxe

Recipe By :
Serving Size : 10 Preparation Time : 0:00
Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method
		Favorite Pastry for 9-Inch One-Crust Pie -- (see recipe)
1 1/2	cups	miniature marshmallows
		OR
16	large	marshmallows
1/2	cup	milk
1	(8 ounce) bar	milk chocolate candy
1	cup	whipping cream -- chilled

Bake pie shell. Heat marshmallows, milk and chocolate over low heat, stirring constantly, just until chocolate and marshmallows are melted and mixture is smooth. Refrigerate, stirring occasionally, until mixture mounds slightly when dropped from a spoon.

Beat whipping cream in chilled bowl until stiff. Fold chocolate mixture into whipped cream. Pour into pie shell.

Refrigerate until set, about 8 hours. Spread with sweetened whipped cream and garnish with chocolate curls if desired.

8 to 10 servings

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Yield:
"1 Pie"

Per serving: 329 Calories (kcal); 23g Total Fat; (61% calories from fat); 4g
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Protein: 28g Carbohydrate: 46mg Cholesterol: 143mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 4 1/2 Fat;
1 Other Carbohydrates

Nutr. Assoc. : 0 0 0 2130706543 0 27122 ■

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Favorite Pastry for 9-Inch One-Crust Pie

Recipe By :
Serving Size : 8 Preparation Time : 0:00
Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method
1	cup	all-purpose flour
1/2	teaspoon	salt
1/3	cup	lard
		OR
1/3	cup	plus 1 tablespoon shortening
2	tablespoons	cold water (2 to 3 tablespoons)

Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons water can be added if necessary).

Gather pastry into ball; shape into flattened round on lightly floured cloth-covered surface.

Roll pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.

Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll pastry under, even with plate. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. Or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into V shape; pinch again to sharpen. Fill and bake as directed in recipe.

For Baked Pie Shell: Heat oven to 475°. Prick bottom and side thoroughly with fork. Bake 8 to 10 minutes or until light brown; cool.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Yield:
"1 Crust"

Per serving: 134 Calories (kcal); 9g Total Fat; (59% calories from fat); 2g Protein; 12g Carbohydrate; 8mg Cholesterol; 134mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 2130706543 2777

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* Exported from MasterCook *

Chocolate Roll

Recipe By :
Serving Size : 10 Preparation Time :0:00
Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
3/4	cup	all-purpose flour*
1/4	cup	cocoa
1	teaspoon	baking powder
1/4	teaspoon	salt
3		eggs
1	cup	granulated sugar
1/3	cup	water
1	teaspoon	vanilla
		Powdered sugar
1	quart	chocolate mint ice cream -- slightly softened
		OR
1	quart	vanilla ice cream -- slightly softened
1 1/4	cups	French Silk Frosting -- (see recipe)

Heat oven to 375°. Line jelly roll pan, 15 1/2 x 10 1/2 x 1 inch, with aluminum foil or waxed paper; grease. Mix flour, cocoa, baking powder and salt. Beat eggs in small mixer bowl until very thick and lemon colored, about 5 minutes. Pour eggs into large mixer bowl. Beat in granulated sugar gradually. Beat in water and vanilla on low speed. Mix in dry ingredients gradually, beating just until batter is smooth. Pour into pan, spreading batter to corners.

Bake until toothpick inserted in center comes out clean, 12 to 15 minutes.

Loosen cake from edges of pan; invert on towel sprinkled with powdered sugar. Carefully remove foil; trim off stiff edges if necessary. While hot, roll cake and towel from narrow end. Cool on wire rack. Unroll cake; remove towel. Spread with ice cream. Roll up; wrap in plastic wrap. Freeze until firm, about 2 hours. Frost with French Silk Frosting (see recipe).

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Yield:
"1 Roll"

Per serving: 319 Calories (kcal); 12g Total Fat; (34% calories from fat); 5g Protein; 49g Carbohydrate; 80mg Cholesterol; 189mg Sodium
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 2 1/2 Fat; 2 1/2 Other Carbohydrates

NOTES : *If using self-rising flour, omit baking powder and salt.

Chocolate-Almond Roll: omit ice cream. Beat 1 cup chilled whipping cream, 1/4 cup powdered sugar and 2 tablespoons cocoa in chilled bowl until stiff. Beat in 1/2 teaspoon vanilla. Fold in 1/4 cup toasted sliced almonds. Spread roll with whipped cream mixture. Roll up; frost with French Silk Frosting. Refrigerate any remaining cake roll.

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French silk Frosting

Recipe By : [Sally](#) Serving Size : 10 Preparation Time : 0:00
Categories : Cakes [Desserts](#)

Amount	Measure	Ingredient -- Preparation Method
1/3	cup	margarine or butter -- softened
1 1/3	cups	powdered sugar
1	ounce	melted unsweetened chocolate -- (cool)
1/2	teaspoon	vanilla
1	tablespoon	milk

Beat margarine, powdered sugar, chocolate and vanilla on low speed until blended. Gradually beat in milk until fluffy.

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Yield:
"2 2/3 cups"

Per serving: 133 Calories (kcal); 8g Total Fat; (49% calories from fat); trace Protein; 17g Carbohydrate; trace Cholesterol; 72mg Sodium
Food Exchanges: 0 Grain(Starch); ■ Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 1 Other Carbohydrates

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Chocolate Swirl Cheesecake with Raspberry Topping

Recipe By : **Shirley** Serving Size : 12 Preparation Time :0:00
Categories : Cakes **Holiday**

Amount	Measure	Ingredient -- Preparation Method
2	cups	Thick Yogurt -- (recipe in directions)
4		chocolate wafers -- crushed (about 1/4 cup)
1	(8 ounce) package	cream cheese -- softened
2/3	cup	sugar
1/4	cup	milk
2	tablespoons	all-purpose flour
2	teaspoons	vanilla
3		egg whites
1	tablespoon	cocoa
1	teaspoon	chocolate extract
		Raspberry Topping -- (recipe follows)

RASPBERRY TOPPING
(10 ounce) package frozen raspberries -- thawed, drained and juice

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reserved
1/4 cup sugar
2 tablespoons cornstarch

Prepare Thick Yogurt. Heat oven to 300°. Spray springform pan, 9 x 3 inches, with nonstick cooking spray. Sprinkle chocolate wafer crumbs on bottom of pan. Beat Thick Yogurt and cream cheese in medium bowl on medium speed until smooth. Add sugar, milk, flour, vanilla and egg whites. Beat on medium speed about 2 minutes or until smooth.

Place 1 cup batter in small bowl. Beat in cocoa and chocolate extract until blended. Carefully spread vanilla batter over crumbs in pan. Drop chocolate batter by spoonfuls onto vanilla batter. Swirl through batter with metal spatula for marbled effect, being careful not to touch bottom.

Bake 1 hour. Turn off oven; leave cheesecake in oven 30 minutes. Prepare Raspberry Topping; spread over cheesecake. Cover and refrigerate at least 3 hours. Loosen cheesecake from side of pan; remove side of pan. Refrigerate any remaining cheesecake.

THICK YOGURT:

Line 6-inch strainer with basket-style paper coffee filter or double-thickness cheesecloth. Place strainer over bowl. Spoon yogurt into strainer. Cover strainer and bowl and refrigerate at least 12 hours, draining liquid from bowl occasionally.

RASPBERRY TOPPING:

Add enough water to reserved juice to measure 1 1/4 cups. Mix sugar and cornstarch in 1 1/2-quart saucepan. Stir in juice mixture and raspberries. Heat to boiling over medium heat, stirring frequently. Boil and stir 1 minute; cool.

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yield:

"1 Cheesecake"

Per serving: 203 Calories (kcal); 8g Total Fat; (36% calories from fat); 4g Protein; 28g Carbohydrate; 27mg Cholesterol; 103mg Sodium
Food Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 1/2 Fat; 1 Other Carbohydrates

NOTES : The remaining thick yogurt is delicious spread on toast or bagels or to top fresh fruit.

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Chocolate swirl Coffee Cake

Recipe By :
Serving Size : 9 Preparation Time :0:00
Categories : Breads

Cakes

Amount Measure Ingredient -- Preparation Method

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2	cups	Bisquick original baking mix
1/4	cup	sugar
2/3	cup	water
		OR
2/3	cup	milk
2	tablespoons	margarine or butter -- melted
1		egg
1/3	cup	semisweet chocolate chips -- melted
		TOPPING
1/3	cup	flaked coconut
1/4	cup	sugar
1/4	cup	chopped walnuts or pecans
1	tablespoon	margarine or butter -- melted

Heat oven to 400°. Grease square pan, 8 x 8 x 2 inches. Prepare Topping; reserve.

Mix baking mix, sugar, water, margarine and egg; beat vigorously 30 seconds. Spread in pan. Spoon chocolate over batter; cut through batter and chocolate with knife several times to marble. Sprinkle with Topping.

Bake 20 to 25 minutes or until brown and cake feels firm when touched in center. Serve warm or let stand until cool.

TOPPING:

Mix all ingredients.

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Yield:

"1 Cake"

Per serving: 255 Calories (kcal); 13g Total Fat; (43% calories from fat); 4g Protein; 34g Carbohydrate; 21mg Cholesterol; 370mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 2 1/2 Fat; 1 Other Carbohydrates

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* Exported from MasterCook *

Chocolate Terrine

Recipe By :
Serving Size : 16 Preparation Time :0:00
Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
1	(3 1/2 ounce) package	almond paste
1 1/2	cups	half-and-half
4	(1 ounce) squares	semisweet chocolate -- coarsely chopped
4	ounces	white chocolate (vanilla-flavored candy coating) -- coarsely chopped
4		eggs -- slightly beaten

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2 tablespoons brandy

OR

2 teaspoons brandy extract

Chocolate Glaze -- (recipe follows)

CHOCOLATE GLAZE

1 cup semisweet chocolate chips

1/4 cup margarine or butter

2 tablespoons corn syrup

Line loaf pan, 8 1/2 x 4 1/2 x 2 1/2 inches, with aluminum foil, leaving about 2 inches overhanging sides. Roll almond paste between 2 sheets waxed paper into rectangle, 8 x 4 inches; cover with plastic wrap and set aside.

Heat oven to 350°. Heat half-and-half, semisweet chocolate and white chocolate over low heat, stirring constantly, until chocolates are melted and mixture is smooth; cool slightly. Gradually stir eggs and brandy into chocolate mixture. Pour into lined pan. Place pan in pan of very hot water (1 inch deep) in oven.

Bake until knife inserted halfway between edge and center comes out clean, 40 to 50 minutes. Remove from water. Remove waxed paper from almond paste and immediately place on hot terrine; cool 1 hour. Cover and refrigerate at least 2 hours but no longer than 24 hours.

Reserve Chocolate Glaze; reserve 1/4 cup. Remove terrine from pan by inverting on serving plate. Carefully remove foil. Spread remaining glaze evenly and smoothly over sides and top of terrine.

Stir 1 to 2 tablespoons powdered sugar into reserved chocolate glaze until smooth and of desired consistency. Place in decorating bag with small writing tip or small sturdy plastic storage bag. (If using plastic bag, cut off very small corner of bag, about 1/8 inch in diameter.) Write Terrine on top and decorate around edges of top with remaining chocolate. To serve, cut into 12 slices, about 1 inch each; cut slices into halves. Refrigerate any remaining terrine.

CHOCOLATE GLAZE:

Heat chocolate chips, margarine and corn syrup over low heat, stirring constantly, until chocolate is melted; cool.

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Description:

"This luscious dessert takes its name from the pan it was cooked in. we use a loaf pan for this elegant treat with wonderful results."

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Per serving: 231 calories (kcal); 16g Total Fat; (58% calories from fat); 4g Protein; 21g Carbohydrate; 55mg Cholesterol; 63mg Sodium
Food Exchanges: 0 Grain(Starch); 2 Lean Meat; 2 Vegetable; 0 Fruit; 3 Fat; 1 Other Carbohydrates

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Chocolate-Caramel sticky Buns

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Recipe By :
Serving Size : 15 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
3 1/2	cups	all-purpose flour
1/2	cup	cocoa
1/3	cup	granulated sugar
1/2	teaspoon	salt
2	packages	quick-acting or regular active dry yeast
1	cup	very warm milk (120° to 130°)
1 1/3	cup	margarine or butter -- softened
1	egg	
1	cup	packed brown sugar
1/2	cup	margarine or butter (1 stick)
1/4	cup	dark corn syrup
3/4	cup	pecan halves
2	tablespoons	margarine or butter -- softened
1/2	cup	miniature chocolate chips
2	tablespoons	packed brown sugar
1	teaspoon	ground cinnamon

Mix 2 cups of the flour, cocoa, granulated sugar, salt, and yeast in large bowl. Add warm milk, 1/3 cup margarine, and egg. Beat on low speed 1 minute, scraping bowl frequently. Beat on medium speed 1 minute, scraping bowl frequently. Stir in remaining flour (dough will be stiff).

Turn dough onto lightly floured surface. Knead about 5 minutes or until smooth and elastic. Place in greased bowl and turn greased side up. Cover and let rise in warm place about 1 1/2 hours or until double. (Dough is ready if indentation remains when touched.)

Heat 1 cup brown sugar and 1/2 cup margarine to boiling, stirring constantly; remove from heat. Stir in corn syrup. Pour in ungreased rectangular pan, 13 x 9 x 2 inches. Sprinkle with pecan halves.

Punch dough down. Flatten with hands or rolling pin into rectangle, 15 x 10 inches, on lightly floured surface. Spread with 2 tablespoons margarine. Mix chocolate chips, 2 tablespoons brown sugar and the cinnamon. Sprinkle evenly over margarine. Roll up tightly, beginning at 15-inch side. Pinch edge of dough into roll to seal. Stretch and shape until even. Cut roll into fifteen 1-inch slices. Place slightly apart in pan. Let rise in warm place about 30 minutes or until double.

Heat oven to 350°. Bake 30 to 35 minutes or until dark brown. Immediately invert on heatproof tray or serving plate. Let stand 1 minute so caramel will drizzle down; remove pan.

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Yield:
"15 Buns"

Per serving: 392 Calories (kcal); 19g Total Fat; (40% calories from fat); 6g Protein; 55g Carbohydrate; 15mg Cholesterol; 240mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; ■ Vegetable; 0 Fruit; 3 1/2 Fat; 2 Other Carbohydrates

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Chocolate-Nut Fingers

Recipe By :
Serving Size : 96 Preparation Time :0:00
Categories : Cookies & Brownies Holiday

Amount	Measure	Ingredient --- Preparation Method
1	cup	sugar
1	cup	margarine or butter (2 sticks) --- softened
1/2	cup	milk
1	teaspoon	vanilla
1	teaspoon	almond extract
1		egg
3 1/2	cups	all-purpose flour
1	teaspoon	baking powder
1/4	teaspoon	salt
1/2	cup	semisweet chocolate chips
1/2	cup	chopped nuts

Mix sugar, margarine, milk, vanilla, almond extract and egg in large bowl. Stir in flour, baking powder and salt. Cover and refrigerate at least 4 hours.

Heat oven to 375°. For each cookie, shape 1 teaspoon dough into 4-inch rope. (For smooth, even ropes, roll back and forth on sugared surface.) Place on ungreased cookie sheet.

Bake 9 to 12 minutes or until set and very light brown. Remove from cookie sheet. Cool on wire rack.

Heat chocolate chips until melted. Dip ends of cookies into chocolate, then into nuts. Place cookies on waxed paper. Let stand about 10 minutes or until chocolate is set.

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Yield:
"96 Cookies"

Per serving: 52 calories (kcal); 3g Total Fat; (46% calories from fat); 1g Protein; 6g Carbohydrate; 2mg Cholesterol; 34mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : For a different look, dip cookies halfway into the chocolate or brush the entire top of the cookie before dipping into the nuts.
Nutr. Assoc. : 0 4098 0 0 0 0 0 0 0 0

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Christmas Brioche

Recipe By :
Serving Size : 24 Preparation Time :0:00

Amount	Measure	Ingredient -- Preparation Method
1	package	regular or quick-acting active dry yeast
1/2	cup	warm water (105° to 115°)
2	tablespoons	sugar
1/2	teaspoon	salt
5		eggs
1		egg white
3/4	cup	margarine or butter (1 1/2 sticks) -- softened
3	cups	all-purpose flour
1/2	cup	chopped nuts
1	cup	mixed chopped candied fruit
1		egg yolk
1	tablespoon	water
2	tablespoons	apricot jam
2	teaspoons	water

Dissolve yeast in warm water in large bowl. Add sugar, salt, 5 eggs, the egg white, margarine and 2 cups of the flour. Beat on low speed 30 seconds, scraping bowl constantly. Beat on medium speed 10 minutes, scraping bowl occasionally. Stir in remaining flour, the nuts and candied fruit until batter is smooth. Scrape dough from side of bowl. Cover with plastic wrap and let rise in warm place about 1 hour or until double. (Dough is ready if indentation remains when touched.)

Stir down dough by beating about 25 strokes. Cover bowl tightly with plastic wrap and refrigerate at least 8 hours.

Grease two 4-cup brioche pans or two 1 1/2-quart ovenproof bowls. Stir down dough. (Dough will be very soft and slightly sticky.) Divide dough in half; refrigerate one half. Shape one-fourth of the remaining dough into a cone shape, using lightly floured hands. Shape remaining three-fourths dough into flattened round, about 3 1/2 inches in diameter. Place flattened round in 1 pan, patting to fit. Make indentation, about 2 inches in diameter and 1 1/2 inches deep, in center of dough. Place cone-shaped dough, pointed side down, in indentation. Repeat with refrigerated dough. Cover and let rise in warm place about 1 1/2 hours or until double.

Heat oven to 375°. Beat egg yolk and 1 tablespoon water slightly; brush over top of dough. (Do not allow egg yolk mixture to accumulate around edges of pans.)

Bake 35 to 40 minutes or until golden brown. Immediately remove from pans. Mix apricot jam and 2 teaspoons water; brush over hot loaves.

Classic Brioche: Omit nuts, candied fruit, apricot jam and 2 teaspoons water.

Individual Brioches: Grease 24 brioche pans or medium muffin cups, 2 1/2 x 1 1/4 inches. After stirring down chilled dough, divide in half; refrigerate one half. Shape remaining half dough into roll, about 7 1/2 inches long. Cut into 15 slices, each about 1/2 inch thick.

Working quickly with floured hands (dough will be very soft and slightly sticky), shape 12 of the slices into balls; place in pans or muffin cups. Flatten and make a deep indentation in center of each ball with thumb. Cut each of the remaining 3 slices into 4 equal parts; shape each part into ball. Place 1 ball in each indentation. Repeat with refrigerated dough. Cover and let rise in warm place about 40 minutes or until double.

Heat oven to 375°. Beat egg yolk and 1 tablespoon water slightly; brush over top of dough. (Do not allow egg yolk mixture to accumulate around edges of pans.)

Bake 15 to 20 minutes or until golden brown. Immediately remove from pans.

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2 dozen individual brioches.
2 loaves (12 slices each)

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Yield:
"2 Loaves"

Per serving: 173 calories (kcal); 9g Total Fat; (44% calories from fat); 4g Protein; 20g Carbohydrate; 48mg Cholesterol; 132mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat;
1/2 Other Carbohydrates

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Christmas Coconut Cake

Recipe By :
Serving Size : 16 Preparation Time :0:00
Categories : Cakes Holiday

Amount	Measure	Ingredient -- Preparation Method
Tutti-Frutti Filling -- (recipe follows)		
2	cups	all-purpose flour
1 1/2	cups	granulated sugar
1 1/2	cup	shortening
1	cup	milk
3 1/2	teaspoons	baking powder
1	teaspoon	salt
1	teaspoon	vanilla
4		egg whites
2/3	cup	flaked coconut
1	cup	whipping (heavy) cream
1/4	cup	powdered sugar
3/4	teaspoon	almond extract
TUTTI-FRUTTI FILLING		
2		egg yolks
2/3	cup	sour cream
2/3	cup	sugar
1	cup	finely chopped pecans
2/3	cup	flaked coconut
1/2	cup	finely chopped raisins, (1/2 to 1 cup)
1/2	cup	finely chopped candied cherries, (1/2 to 1 cup)

Prepare Tutti-Frutti Filling. Heat oven to 350°. Grease and flour 2 round pans, 9 x 1 1/2 inches. Beat flour, granulated sugar, shortening, milk, baking powder, salt and vanilla in large bowl on low speed 30 seconds, scraping bowl constantly. Beat on high speed 2 minutes, scraping bowl occasionally. Add egg whites; beat on high speed 2 minutes, scraping bowl occasionally. Stir in coconut. Pour into pans.

Bake 30 to 35 minutes or until toothpick inserted in center comes out

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clean. Remove from pans; cool on wire rack.

Fill layers and frost top of cake to within 1 inch of edge with Tutti-Frutti Filling. Beat whipping cream, powdered sugar and almond extract in chilled medium bowl until stiff. Spread over side and top edge of cake. Refrigerate until serving time. Refrigerate any remaining cake.

TUTTI-FRUTTI FILLING:

Mix egg yolks and sour cream in 2-quart saucepan. Stir in sugar. Cook over low heat, stirring constantly, until mixture begins to simmer. Simmer, stirring constantly, until mixture begins to thicken; remove from heat. Stir in remaining ingredients; cool.

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Yield:

"1 Cake"

Per serving: 398 Calories (kcal); 20g Total Fat; (43% calories from fat); 5g Protein; 53g Carbohydrate; 38mg Cholesterol; 301mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 4 Fat; 2 Other Carbohydrates

Nutr. Assoc. : 2130706543 0 0 0 0 0 0 ■ 0 2737 2737 721 0 0 0 0 0 20148
2737 4680 4097

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Christmas Cookie Pizza

Recipe By :
Serving Size : 16 Preparation Time : 0:00
Categories : Cookies & Brownies Holiday

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	margarine or butter (1 stick) -- softened
1/2	cup	packed brown sugar
1/4	cup	granulated sugar
1	teaspoon	vanilla
1		egg
1 1/4	cups	all-purpose flour
1/2	teaspoon	baking soda
		Chocolate Pizza Sauce -- (recipe follows)
1/2	cup	pecan halves
1/2	cup	red and green candy-coated chocolate candies
1/4	cup	shredded coconut -- toasted, if desired
2	ounces	vanilla-flavored candy coating -- melted

CHOCOLATE PIZZA SAUCE

1	(6 ounce) package semisweet chocolate chips
2	tablespoons margarine or butter
3	tablespoons milk
1	cup powdered sugar

Heat oven to 350°. Mix margarine, sugars, vanilla and egg in large bowl.

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stir in flour and baking soda (dough will be stiff). Spread or pat dough
in ungreased 12-inch pizza pan or on cookie sheet.

Bake about 15 minutes or until golden brown; cool.

Prepare Chocolate Pizza Sauce; spread over baked layer. Immediately
sprinkle with pecan halves, candies and coconut; press lightly. Drizzle
with candy coating. Let stand until set. Remove from pan if desired. Cut
into wedges.

CHOCOLATE PIZZA SAUCE:

Heat chocolate chips, margarine and milk over low heat, stirring
occasionally, just until chocolate is melted; remove from heat. Stir in
powdered sugar. Beat with wire whisk until smooth, glossy and of spreading
consistency. (If not glossy, stir in a few drops hot water.)

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Yield:

"1 Pizza"

Per serving: 304 Calories (kcal); 16g Total Fat; (45% calories from fat); 3g
Protein; 40g Carbohydrate; 14mg Cholesterol; 139mg Sodium
Food Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat; 2
Other Carbohydrates

Nutr. Assoc. : 4098 0 0 0 0 0 2130706543 ■ 4072 4923 5520 0 0 4098 0 0

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Chunky Vegetable Pizza with Cornmeal Crust

Recipe By :
Serving Size : 1 Preparation Time : 0:00
Categories : Main and Side Dishes

Amount	Measure	Ingredient -- Preparation Method
2	tablespoons	Cornmeal Crust -- (recipe follows)
1	clove	olive or vegetable oil
1	teaspoon	garlic -- finely chopped
1	(16 ounce) package	dried basil leaves
1		frozen broccoli, red bell peppers, onions, and mushrooms -- thawed
2	cups	shredded Mozzarella cheese (8 ounces)
		CORNMEAL CRUST
2 1/3	cups	water
1	cup	yellow cornmeal
1	tablespoon	margarine or butter
1/4	teaspoon	salt
1/8	teaspoon	ground red pepper (cayenne)

Heat oven to 425°. Prepare Cornmeal Crust. Mix oil, garlic and basil.
Sprinkle vegetables over partially baked crust. Sprinkle with cheese.
Drizzle with oil mixture.

Bake 15 to 20 minutes or until cheese is melted and vegetables are hot.

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CORNMEAL CRUST:

Heat oven to 425°. Grease 12-inch pizza pan with shortening. Heat water to boiling in 2-quart saucepan. Stir in remaining ingredients with wire whisk until mixture is smooth and thickens. Spoon onto pizza pan and spread evenly, mounding edge slightly.

Bake 5 to 7 minutes or until set and light brown.

1 pizza, 6 slices

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Yield:

"1 Pizza"

Per serving: 282 Calories (kcal); 16g Total Fat; (51% calories from fat); 12g Protein; 23g Carbohydrate; 34mg Cholesterol; 290mg Sodium
Food Exchanges: 1 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates

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Cinnamon Biscuit Fans

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
1/3	cup	firm margarine or butter
2	cups	all-purpose flour
2	tablespoons	sugar
3	teaspoons	baking powder
1/2	teaspoon	salt
3/4	cup	milk (about)
3	tablespoons	margarine or butter -- softened
3	tablespoons	sugar
1	teaspoon	ground cinnamon
		Glaze -- (recipe follows)
		GLAZE
1/2	cup	powdered sugar
2	teaspoons	milk (2 to 2 1/2 teaspoons)

Heat oven to 425°. Grease ■ medium muffin cups, 2 1/2 x 1 1/4 inches. Cut 1/3 cup margarine into flour, 2 tablespoons sugar, the baking powder and salt with pastry blender in large bowl until mixture resembles fine crumbs. Stir in just enough milk so dough leaves side of bowl and forms a ball.

Turn dough onto lightly floured surface; gently roll in flour to coat. Knead lightly 10 times. Roll into rectangle, 12 x 10 inches. Spread 3 tablespoons margarine over rectangle. Mix 3 tablespoons sugar and the cinnamon; sprinkle over rectangle. Cut rectangle crosswise into 6 strips,

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10 x 2 inches. Stack strips; cut crosswise into 8 pieces. Place cut sides up in muffin cups.

Bake 16 to 18 minutes or until golden brown. Immediately remove from pan. Drizzle Glaze over warm biscuits.

GLAZE:

Mix ingredients until smooth and of drizzling consistency.

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Yield:

"8 Biscuits"

Per serving: 291 calories (kcal); 12g Total Fat; (38% calories from fat); 4g Protein; 41g Carbohydrate; 1mg Cholesterol; 468mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat; 1 Other Carbohydrates

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Cinnamon Squash Rings

Recipe By :
Serving Size : 1 Preparation Time : 0:00
Categories : Main and Side Dishes vegetables

Amount	Measure	Ingredient -- Preparation Method
2	tablespoons	packed brown sugar
2	tablespoons	milk
1		egg
3/4	cup	soft bread crumbs (about 2 1/2 slices bread)
1/4	cup	cornmeal
2	teaspoons	ground cinnamon
1	large 1 inch slices and seeded	acorn squash (1 1/2 pounds) -- cut crosswise into 1/2 cup
1/3	cup	margarine or butter -- melted

Heat oven to 400°. Mix brown sugar, milk and egg. Mix bread crumbs, cornmeal and cinnamon. Dip squash slices into egg mixture, then coat with bread crumb mixture; repeat.

Place in ungreased rectangular pan, 13 x 9 x 2 inches. Drizzle with margarine. Bake uncovered 30 to 35 minutes or until squash is tender.

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Per serving: 188 Calories (kcal); 11g Total Fat; (52% calories from fat); 3g Protein; 20g Carbohydrate; 32mg Cholesterol; 165mg Sodium
Food Exchanges: 1 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Fruit; 2 Fat; 1/2 Other Carbohydrates

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cinnamon-Sugar Muffins

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Baking with kids Breads

Amount	Measure	Ingredient -- Preparation Method
		Shortening
1/2	cup	sugar
1/2	cup	milk
1/3	cup	vegetable oil
1	large	egg
1 1/2	cups	all-purpose flour
1 1/2	teaspoons	baking powder
1/2	teaspoon	salt
1/4	teaspoon	ground nutmeg
1/2	cup	sugar
1	teaspoon	ground cinnamon
1/2	cup	margarine or butter (1 stick)

Heat oven to 350°.

Grease bottoms only of 12 muffin cups with:
Shortening

Beat in medium bowl with fork:

1/2 cup sugar
1/2 cup milk
1/3 cup vegetable oil
1 large egg

Stir into milk mixture just until all the flour is wet (do not stir too much-batter will be lumpy):

1 1/2 cups all-purpose flour
1 1/2 teaspoons baking powder
1/2 teaspoon salt
1/4 teaspoon ground nutmeg

Spoon batter into muffin cups until 2/3 full. Bake 20 to 25 minutes or until golden brown.

While muffins are baking, mix in small bowl, then set aside:

1/2 cup sugar
1 teaspoon ground cinnamon

Melt in saucepan over low heat, then remove from heat:

1/2 cup (1 stick) margarine or butter

Adult help: Immediately remove muffins from pan. Roll hot muffins in the melted margarine, then in the cinnamon-sugar mixture. Serve hot.

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Yield:

"12 Muffins"

Per serving: 255 calories (kcal); 15g Total Fat; (50% calories from fat); 2g Protein; 29g Carbohydrate; 17mg Cholesterol; 249mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat; 1 Other Carbohydrates

NOTES : Utensils You Will Need

Muffin pan with medium cups, 2 1/2 x 1 1/4 inches • Pastry brush • Medium bowl • Fork • Dry-ingredient measuring cups • Wooden spoon • Small bowl • Measuring spoons • Liquid measuring cup • Pot holders • 1-quart saucepan

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 4098

* Exported from MasterCook *

Classic Cheese Soufflé

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Main and Side Dishes

Amount	Measure	Ingredient -- Preparation Method
1/4	cup	margarine or butter
1/4	cup	all-purpose flour
1/2	teaspoon	salt
1/4	teaspoon	ground mustard (dry)
	dash	ground red pepper (cayenne)
1	cup	milk
1	cup	shredded Cheddar cheese (4 ounces)
3		eggs -- separated
1/4	teaspoon	cream of tartar

Heat oven to 350°. Butter 1-quart soufflé dish or casserole. Make a 4-inch band of triple-thickness aluminum foil 2 inches longer than circumference of dish. Butter one side of foil. Secure foil band, buttered side in, around top edge of dish.

Melt margarine in 2 quart saucepan over medium heat. Stir in flour, salt, mustard and red pepper. Cook over medium heat, stirring constantly, until smooth and bubbly; remove from heat. Stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in cheese until melted; remove from heat.

Beat egg whites and cream of tartar in medium bowl with electric mixer on high speed until stiff but not dry. Beat egg yolks on high speed about 3 minutes or until very thick and lemon colored; stir into cheese mixture. Stir about one-fourth of the egg whites into cheese mixture. Fold cheese mixture into remaining egg white. Carefully pour into soufflé dish.

Bake 50 or 60 minutes or until knife inserted halfway between center and edge comes out clean. Carefully remove foil band and quickly divide soufflé into sections with 2 forks. Serve immediately.

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Per serving: 331 Calories (kcal); 26g Total Fat; (71% calories from fat); 14g Protein; 10g Carbohydrate; 178mg Cholesterol; 647mg Sodium
Food Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 4 Fat;
0 Other Carbohydrates

Serving Ideas : Serve this fluffy soufflé with asparagus spears, sliced ham, whole-grain bread and fresh fruit for a delicious meal.

NOTES : Classic shrimp Soufflé: omit mustard, red pepper and cheese. Add 1 can (4 to 4 1/2 ounces) shrimp, rinsed and drained, and 1 tablespoon chopped fresh or 1 teaspoon dried tarragon to sauce before adding the beaten egg yolks.

Nutr. Assoc. : 4098 0 0 518 2514 0 4922 0 0

* Exported from MasterCook *

Classic Four-Seasons Pizza

Recipe By :
Serving Size : 2 Preparation Time :0:00
Categories : Main and Side Dishes

Amount	Measure	Ingredient -- Preparation Method
1	1/2 cup	Basic Pizza Dough for One Crust -- (see recipe)
1	cup	Simple Pizza Sauce -- (see recipe)
1/3	cup	shredded Mozzarella cheese (4 ounces)
1/3	cup	shredded Provolone cheese (about 1 1/2 ounces)
1/3	cup	chopped prosciutto or fully cooked Virginia ham (about 2 ounces)
1/4	cup	chopped fresh basil
2	teaspoons	large capers -- drained
4		marinated artichoke hearts -- cut into fourths
4		flat fillets of anchovy in oil
3		fresh pear-shaped tomatoes -- peeled and chopped*
1	teaspoon	olive oil
12		imported Italian black olives -- pitted

Prepare Basic Pizza Dough for One Crust and Simple Pizza Sauce.

Place oven rack in lowest position of oven. Heat oven to 500°. Press or roll dough into 12-inch circle on lightly floured surface. Place on ungreased pizza screen or in 12-inch perforated pizza pan. Press dough from center to edge so edge is thicker than center. Spread pizza sauce over dough to within 1/2 inch of edge. Mix cheeses; sprinkle over sauce. Place prosciutto, basil, capers, artichoke hearts, fillets of anchovy and tomatoes on cheese; drizzle with oil. Place olives on top.

Bake 8 to 10 minutes or until crust is golden and cheeses are melted.

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Yield:
"1 Pizza"

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Per serving: 3018 calories (kcal); 244g Total Fat; (67% calories from fat); 78g Protein; 184g Carbohydrate; 710mg Cholesterol; 3366mg Sodium
Food Exchanges: 2 Grain(Starch); ■ 1/2 Lean Meat; 3 1/2 Vegetable; 0 Fruit; 44 Fat; 8 other Carbohydrates

NOTES : *3 canned imported pear-shaped tomatoes, drained, can be substituted for the fresh tomatoes.

The Classic Four-Seasons Pizza is an edible display of the year's seasons, with spring represented by fresh basil and chunks of tomato, summer by capers and anchovies, fall by cheese and winter by prosciutto, one of the more nourishing foods available in winter.

Nutr. Assoc. : 0 0 26153 1198 4633 0 2478 ■ 26004 26367 0 160

* Exported from MasterCook *

Bittersweet Chocolate Cheesecake with white Truffle Sauce

Recipe By : [Sally](#) Serving Size : 12 Preparation Time :0:00
Categories : Cakes [Desserts](#)

Amount	Measure	Ingredient -- Preparation Method
2	(8 ounce) packages	cream cheese -- softened
1	teaspoon	vanilla
2/3	cup	sugar
1	tablespoon	all-purpose flour
3		eggs
8	ounces	bittersweet chocolate -- melted and cooled
		white Truffle Sauce -- (recipe follows)
WHITE TRUFFLE SAUCE		
1	(6 ounce) package	white chocolate (white baking bar) -- chopped
2	tablespoons	margarine or butter
1/2	cup	whipping (heavy) cream

Heat oven to 275°. Lightly grease springform pan, 9 x 3 inches. Beat cream cheese and vanilla on medium speed in medium bowl until smooth. Gradually add sugar, beating until fluffy. Beat in flour. Beat in eggs, one at a time. Beat in chocolate; pour into pan.

Bake about 1 hour 15 minutes or until center is firm. Cool 15 minutes. Run metal spatula along side of cheesecake to loosen before and after refrigerating. Cover and refrigerate about 3 hours or until chilled. Meanwhile, prepare White Truffle Sauce.

Remove cheesecake from side of pan. Let cheesecake stand at room temperature 15 minutes before cutting. Serve cheesecake with sauce and, if desired, fresh raspberries or strawberries. Refrigerate any remaining cheesecake.

WHITE THREE-E SAUCE:

Heat baking bar and margarine in heavy 2-quart saucepan over low heat, stirring constantly, until melted (mixture will be thick and grainy); remove from heat. Stir in whipping cream until smooth. Cover and refrigerate about 2 hours or until chilled.

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Yield:

"1 Cake"

T(Bake):

"1:15"

Per serving: 416 Calories (kcal); 35g Total Fat; (69% calories from fat); 7g Protein; 27g Carbohydrate; 102mg Cholesterol; 157mg Sodium
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 6 1/2 Fat; 1 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 3218 0 2130706543 0 0 5519 4098 721

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simple Pizza Sauce

Recipe By :

Serving Size : 0 Preparation Time :0:00

Categories : Main and Side Dishes Sauces

Amount	Measure	Ingredient -- Preparation Method
2	(28 ounce) cans	imported pear-shaped tomatoes -- drained
1	tablespoon	chopped fresh basil
1 1/2	teaspoons	dried oregano
1	teaspoon	freshly grated Romano cheese
2	teaspoons	extra-virgin olive oil
1/4	teaspoon	salt
1/4	teaspoon	pepper
4	cloves	garlic

Place all ingredients in food processor or blender; cover and process until smooth. Use immediately or cover and refrigerate sauce up to 48 hours. Freeze up to 2 months. Thaw in refrigerator before using.

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Yield:

"3 cups"

Per serving: 417 calories (kcal); 12g Total Fat; (22% calories from fat); 16g Protein; 75g Carbohydrate; 2mg Cholesterol; 2913mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 13 1/2 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates

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Classic French Silk Pie

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Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method
		Favorite Pastry for 9-Inch One-Crust Pie
		Shell -- (see recipe)
1/4	cup	margarine or butter (1/2 stick) -- softened
3	ounces	unsweetened chocolate
1	cup	sugar
2	tablespoons	cornstarch
3		eggs
1	teaspoon	vanilla
1	cup	chilled whipping (heavy) cream
		whipped cream -- if desired

Prepare and bake pie shell; cool. Heat margarine and chocolate in 2-quart saucepan over low heat until melted. Remove from heat. Mix sugar and cornstarch; stir into chocolate mixture. Meanwhile, beat eggs in small bowl on medium speed until thick and lemon colored; stir into chocolate mixture. Cook mixture over medium heat 5 minutes, stirring constantly, until thick and glossy; stir in vanilla. Cool 10 minutes, stirring occasionally.

Beat whipping cream in chilled medium bowl until stiff. Fold chocolate mixture into whipped cream; pour into pie shell.

Cover and freeze about 4 hours or until firm. Garnish with whipped cream, if desired. Freeze any remaining pie.

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Yield:

"1 Pie"

T(Freeze):
"4:00"

Per serving: 473 Calories (kcal); 33g Total Fat; (60% calories from fat); 5g Protein; 43g Carbohydrate; 119mg Cholesterol; 234mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 6 1/2 Fat;
1 1/2 Other Carbohydrates

NOTES : we have a new method for making this classic pie-cooking the eggs-which gives the filling a soft texture. Freezing the pie makes it easier to cut, yet it still retains its rich, smooth texture and great chocolate flavor.

Nutr. Assoc. : 0 4098 0 0 ■ 0 ■ 721 2130706543

* Exported from MasterCook *

Favorite Pastry for 9-Inch One-Crust Pie

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method
		Page 124

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1	cup	all-purpose flour
1/2	teaspoon	salt
1/3	cup	lard
		OR
1/3	cup	plus 1 tablespoon shortening
2	tablespoons	cold water (2 to 3 tablespoons)

Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons water can be added if necessary).

Gather pastry into ball; shape into flattened round on lightly floured cloth-covered surface.

Roll pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.

Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll pastry under, even with plate. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. Or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into V shape; pinch again to sharpen. Fill and bake as directed in recipe.

For Baked Pie Shell: Heat oven to 475°. Prick bottom and side thoroughly with fork. Bake 8 to 10 minutes or until light brown; cool.

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Yield:
"1 Crust"

Per serving: 134 Calories (kcal); 9g Total Fat; (59% calories from fat); 2g Protein; 12g Carbohydrate; 8mg Cholesterol; 134mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

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Classic white Bread (1 1/2-Pound Recipe)

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Bread Machine Breads

Amount	Measure	Ingredient -- Preparation Method
1	cup	plus 2 tablespoons water
2	tablespoons	margarine or butter -- softened
3	cups	bread flour
3	tablespoons	dry milk
2	tablespoons	sugar

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1 1/2 teaspoons salt
2 teaspoons bread machine yeast

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure all ingredients carefully and place in bread machine pan in the order recommended by the manufacturer.

Select Basic/white cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.

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Description:

"This traditional bread is great for sandwiches, or to serve with soup."

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yield:

"1 Loaf"

Per serving: 161 Calories (kcal); 3g Total Fat; (17% calories from fat); 5g Protein; 28g Carbohydrate; 2mg Cholesterol; 298mg Sodium
Food Exchanges: 1 1/2 Grain(starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat;
0 Other Carbohydrates

NUTR-ASSOC.: 1582 4098 0 0 0 0 2019

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Classic White Bread (1-Pound Recipe)

Recipe By : **Shirley** Serving Size : 8 Preparation Time : 0:00
Categories : **Bread Machine** Breads

Amount	Measure	Ingredient -- Preparation Method
3/4	cup	plus 1 tablespoon water
1	tablespoon	margarine or butter -- softened
2	cups	bread flour
2	tablespoons	dry milk
1	tablespoon	sugar
1	teaspoon	salt
1 1/4	teaspoons	bread machine yeast

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure all ingredients carefully and place in bread machine pan in the order recommended by the manufacturer.

Select Basic/white cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.

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Description:

"This traditional bread is great for sandwiches, or to serve with soup."

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Yield:

"1 Loaf"

Per serving: 154 Calories (kcal); 3g Total Fat; (15% calories from fat); 5g Protein; 27g Carbohydrate; 6mg Cholesterol; 290mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); ■ Lean Meat; ■ Vegetable; 0 Fruit; 1/2 Fat;
0 Other Carbohydrates

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Coconut-Toffee Bars

Recipe By :
Serving Size : 36 Preparation Time :0:00
Categories : Cookies & Brownies

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	packed brown sugar
1/4	cup	margarine or butter -- softened
1/4	cup	shortening
1	cup	all-purpose flour*
		Coconut-Almond Topping -- (recipe follows)
		COCONUT-ALMOND TOPPING
2		eggs
1	cup	packed brown sugar
1	cup	shredded coconut
1	cup	chopped almonds
2	tablespoons	all-purpose flour
1	teaspoon	baking powder
1	teaspoon	vanilla
1/2	teaspoon	salt

Heat oven to 350°. Mix brown sugar, margarine and shortening. Stir in flour. Press in ungreased baking pan, 13 x 9 x 2 inches. Bake 10 minutes.

Prepare Coconut-Almond Topping. Beat eggs; stir in remaining ingredients.

Spread Coconut-Almond Topping over baked layer.

Bake until golden brown, about 2 minutes. Cool slightly; cut into bars, about 3 x 1 inch.

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Yield:

"36 Bars"

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Per serving: 108 Calories (kcal); 6g Total Fat; (47% calories from fat); 2g Protein; 13g Carbohydrate; 10mg Cholesterol; 66mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates

NOTES : *If using self-rising flour, omit baking powder and salt from topping.

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* Exported from MasterCook *

Coffee-Amaretto Bread (1 1/2-Pound Recipe)

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Bread Machine Breads

Amount	Measure	Ingredient -- Preparation Method
1	tablespoon	instant coffee granules
1/4	cup	amaretto or other almond-flavored liqueur*
3/4	cup	plus 2 tablespoons water
2	tablespoons	margarine or butter -- softened
3	cups	bread flour
1/4	cup	sugar
2	tablespoons	dry milk
1 1/4	teaspoons	salt
2 1/2	teaspoons	bread machine yeast

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Dissolve coffee granules in amaretto. Measure carefully, placing coffee-amaretto mixture and remaining ingredients in bread machine pan in the order recommended by the manufacturer.

Select Sweet or Basic/White cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.

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yield:

"1 Loaf"

Per serving: 181 Calories (kcal); 3g Total Fat; (15% calories from fat); 5g Protein; 32g Carbohydrate; 1mg Cholesterol; 251mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat;
1/2 Other Carbohydrates

NOTES : *Substitute 1 teaspoon almond extract plus enough water to equal 3 tablespoons for the 3 tablespoons amaretto or 2 teaspoons almond extract plus enough water to equal 1/4 cup for the 1/4 cup amaretto.

Nutr. ASSOC. : 0 2044 1582 4098 0 0 ■ 0 2019

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Coffee-Amaretto Bread (1-Pound Recipe)

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Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Bread Machine

Breads

Amount	Measure	Ingredient -- Preparation Method
2	teaspoons	instant coffee granules
3	tablespoons	amaretto or other almond-flavored liqueur*
1/2	cup	plus 2 tablespoons water
1	tablespoon	margarine or butter -- softened
2	cups	bread flour
3	tablespoons	sugar
1	tablespoon	dry milk
3/4	teaspoon	salt
1 1/2	teaspoons	bread machine yeast

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Dissolve coffee granules in amaretto. Measure carefully, placing coffee-amaretto mixture and remaining ingredients in bread machine pan in the order recommended by the manufacturer.

Select Sweet or Basic/White cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Yield:
"1 Loaf"

Per serving: 178 Calories (kcal); 2g Total Fat; (12% calories from fat); 5g Protein; 32g Carbohydrate; 1mg Cholesterol; 222mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat;
1/2 Other Carbohydrates

NOTES : *Substitute 1 teaspoon almond extract plus enough water to equal 3 tablespoons for the 3 tablespoons amaretto or 2 teaspoons almond extract plus enough water to equal 1/4 cup for the 1/4 cup amaretto.

Nutr. Assoc. : 0 2044 1582 4098 0 0 0 ■ 2019

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Cookie-Sour Cream Cake

Recipe By :
Serving Size : ■ Preparation Time :0:00
Categories : Baking with Kids

Cakes

Amount	Measure	Ingredient -- Preparation Method
		Shortening
		All-purpose flour
1	cup	all-purpose flour
3/4	cup	sugar
1/2	cup	sour cream

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1/4	cup	margarine or butter (1/2 stick) -- softened
1/4	cup	water
1/2	teaspoon	baking soda
1/2	teaspoon	baking powder
1	large	egg
1 1/2	cups	Sweetened Whipped Cream -- (see recipe)

Heat oven to 350°.

Grease round pan with:
Shortening

Put small amount in pan and shake to coat, then pour out any extra;
All-purpose flour

Adult help: Coarsely chop with knife, then set aside:
8 creme-filled sandwich cookies

Beat in large bowl with electric mixer on low speed 30 seconds, scraping
bowl all the time:

1 cup	all-purpose flour
3/4 cup	sugar
1/2 cup	sour cream
1/4 cup (1/2 stick)	margarine or butter, softened
1/4 cup	water
1/2 teaspoon	baking soda
1/2 teaspoon	baking powder
1 large	egg

Beat batter with electric mixer on high speed 2 minutes, scraping bowl a
few times. Stir the chopped cookies into batter. Spread batter in pan.

Bake 30 to 35 minutes or until cake springs back when touched lightly in
center. Adult help: Cool cake in pan 10 minutes, then remove from pan to
wire rack. Cool completely.

Frost cake with:
Sweetened Whipped Cream (see recipe)

If you like, decorate cake with more cookies.

Please note, if you should change this recipe it will no longer be an
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Yield:
"1 Cake"

Per serving: 308 Calories (kcal); 18g Total Fat; (50% calories from fat); 3g
Protein; 35g Carbohydrate; 60mg Cholesterol; 199mg Sodium
Food Exchanges: 1 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Fruit; 3 1/2 Fat; 1
1/2 Other Carbohydrates

NOTES : Utensils You Will Need

Round pan, 9 x 1 1/2 or 9 x 1 1/2 inches • Pastry Brush • Sharp
knife • Cutting board • Large Bowl • Dry-ingredient measuring cup
• Small sharp knife • Liquid measuring cup • Measuring spoons •
Electric mixer • Rubber scraper • Wooden spoon • Pot holders •
Wire cooling rack

Nutr. Assoc. : 0 0 0 0 0 4098 0 0 0 0 0

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Sweetened Whipped Cream

Recipe By :
Serving Size : 0 Preparation Time :0:00
Categories : Baking with Kids Cakes

Amount	Measure	Ingredient -- Preparation Method
3/4	cup	whipping (heavy) cream
2	tablespoons	granulated or powdered sugar

Chill medium bowl in freezer about 15 minutes or until cold.

Beat in chilled bowl with eggbeater until stiff:

3/4 cup whipping (heavy) cream
2 tablespoons granulated or powdered sugar

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Yield:
"1 1/2 Cups"

Per serving: 712 Calories (kcal); 66g Total Fat; (81% calories from fat); 4g Protein; 30g Carbohydrate; 245mg Cholesterol; 67mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 13 Fat; 1 1/2 Other Carbohydrates

NOTES : Utensils You Will Need
Medium bowl • Liquid measuring cup • Measuring spoon • Egg beater
Nutr. Assoc. : 721 652

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Corn Pudding

Recipe By :
Serving size : 8 Preparation Time :0:00
Categories : Main and Side Dishes Rice and Grains

Amount	Measure	Ingredient -- Preparation Method
4	medium ears	corn*
2	tablespoons	sugar
2	tablespoons	all-purpose flour
1/2	teaspoon	salt
	dash	pepper
2		eggs
1 1/4	cups	milk
2	tablespoons	margarine or butter -- melted
1/2	teaspoon	ground nutmeg

Heat oven to 350°. Grease 1-quart casserole or soufflé dish. Cut enough kernels from corn to measure 2 cups. (Scrape ears with knife to extract all pulp and milk.) Mix the corn, sugar, flour, salt and pepper in 2-quart bowl. Stir in eggs. Stir in milk and margarine; pour into casserole. Sprinkle with nutmeg.

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Set casserole in baking pan on middle oven rack. Pour hot water into pan on middle oven rack. Pour hot water into pan until about 1 1/2 inches deep. Bake until knife inserted halfway between center and edge comes out clean, about 50 to 55 minutes.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"Corn on the cob is a time-honored American favorite. And corn off the cob can be just as wonderful! In the summer, use just-picked corn to make this simple and creamy pudding. Be sure to scrape all the pulp and milk from the cob."

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Per serving: 124 Calories (kcal); 6g Total Fat; (40% calories from fat); 4g Protein; 15g Carbohydrate; 52mg Cholesterol; 206mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

NOTES : *2 cups frozen whole kernel corn, thawed, or 1 can (16 ounces) whole kernel corn, drained, can be substituted for the fresh corn.
Nutr. Assoc. : 26338 0 0 0 0 0 4098 0

* Exported from MasterCook *

Cornbread Beef Bake

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Beef Main and side dishes

Amount	Measure	Ingredient -- Preparation Method
1	pound	lean ground beef
1	medium	onion -- chopped (1/2 cup)
1	(14 1/2 ounce)	can Mexican-style stewed tomatoes -- undrained
1	(15 ounce)	can black beans (1 can) -- rinsed and drained
1	(8 ounce)	can tomato sauce
1/2	cup	frozen corn
2	teaspoons	chile powder
1	(11 1/2 ounce)	can refrigerated cornbread twists

Heat oven to 350°.

Cook beef and onion in 10-inch ovenproof skillet over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain.

Stir in tomatoes, beans, tomato sauce, corn and chile powder; heat to boiling. Immediately top with cornbread twists left in round shape (do not unwind), pressing down gently. Bake uncovered 35 to 40 minutes or until cornbread is golden brown.

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Per serving: 442 Calories (kcal); 19g Total Fat; (38% calories from fat); 23g Protein; 45g Carbohydrate; 47mg Cholesterol; 1048mg Sodium
Food Exchanges: 2 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit;
2 1/2 Fat; 0 Other Carbohydrates

NOTES : A cast-iron skillet works well for this casserole. However, if you don't have one, any ovenproof skillet works just fine.
Nutr. Assoc. : 9018 0 213 578 0 0 2614 905698

* Exported from MasterCook *

Country Apple Pie

Recipe By :
Serving Size : 8 Preparation Time : 0:00
Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method
Favorite Pastry for 10-Inch Two-Crust Pie -- (see recipe)		
1	cup	sugar
1/4	cup	all-purpose flour
3/4	teaspoon	ground cinnamon
1/2	teaspoon	ground nutmeg
	dash	salt
■	cups	thinly sliced peeled tart cooking apples (about 8 medium)
4	tablespoons	whipping (heavy) cream

Heat oven to 425°. Prepare pastry. Mix sugar, flour, cinnamon, nutmeg and salt. Stir in apples. Turn into pastry-lined deep-dish pie plate, 9 x 1 1/2 inches, or pie plate, 10 x 1 1/2 inches. Drizzle with 3 tablespoons of the whipping cream.

Cover with top crust that has slits cut in it; seal and flute. Brush with remaining whipping cream. Top with leaf or other shapes cut from pastry scraps if desired.

Bake 40 to 45 minutes or until crust is brown and juice begins to bubble through slits in crust.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"Apple pie is particularly nice when served with ice cream or a slice of Cheddar cheese."

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Yield:

"1 Pie"

Per serving: 581 Calories (kcal); 29g Total Fat; (44% calories from fat); 5g Protein; 77g Carbohydrate; 10mg Cholesterol; 271mg Sodium
Food Exchanges: 2 1/2 Grain(Starch); 0 Lean Meat; ■ Vegetable; 1 Fruit; 5 1/2 Fat; 1 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 20149 721

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* Exported from MasterCook *

Favorite Pastry for 10-Inch Two-Crust Pie

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Desserts Pies

Amount	Measure	Ingredient --- Preparation Method
2 2/3	cups	all-purpose flour
1	teaspoon	salt
3/4	cup	plus 2 tablespoons lard OR
1	cup	shortening
7	tablespoons	cold water (7 to 8 tablespoons)

Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons water can be added if necessary).

Divide pastry in half and shape into 2 flattened round on lightly floured cloth-covered surface.

Roll pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.

Turn desired filling into pastry-lined pie plate. Trim overhanging edge of pastry 1/2 inch from rim of plate. Roll other round of pastry. Fold into fourths; cut slits so steam can escape.

Place over filling and unfold. Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll top edge under lower edge, pressing on rim to seal. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. Or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into V shape; pinch again to sharpen.

For Baked Pie Shell: Heat oven to 475°. Prick bottom and side thoroughly with fork. Bake 8 to 10 minutes or until light brown; cool.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Per serving: 378 Calories (kcal); 26g Total Fat; (61% calories from fat); 4g Protein; 32g Carbohydrate; 0mg Cholesterol; 268mg Sodium
Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 5 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 2130706543 ■ 0 2777

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Country Captain

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Main and Side Dishes Poultry

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	all-purpose flour
1	teaspoon	salt
1/4	teaspoon	pepper
2 1/2	pounds	cut-up broiler-fryer chicken (2 1/2 to 3-pounds)
1/4	cup	vegetable oil
1 1/2	teaspoons	curry powder
1 1/2	teaspoons	chopped fresh thyme leaves OR
1/2	teaspoon	dried thyme leaves
1/4	teaspoon	salt
1	large	onion -- chopped (about 1 cup)
1	large	green bell pepper -- chopped (about 1 1/2 cups)
1	clove	garlic -- finely chopped OR
1/8	teaspoon	garlic powder
1	(16 ounce) can	whole tomatoes (1 can) -- undrained
1/4	cup	currants or raisins
1/3	cup	slivered almonds -- toasted
3	cups	hot cooked rice

Heat oven to 350°. Mix flour, 1 teaspoon salt and the pepper. Coat chicken with flour mixture. Heat oil in 10-inch skillet until hot. Cook chicken in oil over medium heat until light brown, 15 to 20 minutes. Place chicken in ungreased 2 1/2 quart casserole. Drain oil from skillet.

Add curry powder, thyme, 1/4 teaspoon salt, the onion, bell pepper, garlic and tomatoes to skillet. Heat to boiling; stirring frequently to loosen brown particles from skillet. Pour over chicken. Cover and bake until thickest pieces are done and juices of chicken run clear, about 40 minutes. Skim fat from liquid if necessary; add currants. Bake uncovered 5 minutes. Sprinkle with almonds. Serve with rice, and if desired, grated fresh coconut and chutney.

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Per serving: 608 Calories (kcal); 33g Total Fat; (49% calories from fat); 31g Protein; 47g Carbohydrate; 96mg Cholesterol; 651mg Sodium
Food Exchanges: 2 1/2 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 1/2 Fruit; 4 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 2566 0 0 26058 ■ 2130706543 0 ■ ■ 0 0 2130706543 2470
3024 0 0

* Exported from MasterCook *

Country Crust Bread

Recipe By :

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Serving Size : 32 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
2	packages	active dry yeast
2	cups	warm water (105° to 115°)
1/2	cup	sugar
1	tablespoon	salt
2		eggs
1/4	cup	vegetable oil
6	cups	all-purpose flour* (6 to 6 1/2 cups) Vegetable oil Margarine or butter -- softened

Dissolve yeast in warm water in large mixing bowl. Stir in sugar, salt, eggs, 1/4 cup oil and 3 cups of the flour. Beat until smooth. Mix in enough remaining flour to make dough easy to handle.

Turn dough onto lightly floured surface; knead until smooth and elastic, 8 to 10 minutes. Place in greased bowl; turn greased side up. (At this point, dough can be refrigerated 3 to 4 days.) Cover; let rise in warm place until double, about 1 hour. (Dough is ready if indentation remains when touched.)

Punch down dough; divide into halves. Roll each half into rectangle, 18 x 9 inches. Roll up tightly, beginning at 9-inch side. Press with thumbs to seal after each turn. Pinch edge firmly to seal. Press each end with side of hand to seal; fold ends under loaf. Place loaf, seam side down, in greased baking pan, 9 x 5 x 3 inches. Brush with oil. Let rise until double, about 1 hour.

Heat oven to 375°. Bake until loaves are deep golden brown and sound hollow when tapped, 30 to 35 minutes. Remove from pans. Brush with margarine; cool on wire rack.

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Yield:
"2 Loaves"

Per serving: 118 Calories (kcal); 2g Total Fat; (17% calories from fat); 3g Protein; 21g Carbohydrate; 12mg Cholesterol; 204mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : *If using self-rising flour, omit salt.

Country Cinnamon-Raisin Bread: Divide dough into halves. Knead 1/2 cup raisins into each half. Roll each half into rectangle, 18 x 9 inches. Brush with oil. Mix 1/2 cup sugar and 1 tablespoon ground cinnamon; sprinkle over rectangles. Continue as directed.
Nutr. Assoc. : 0 5472 0 0 0 0 14 0 0

* Exported from MasterCook *

Cranberry Bread

Recipe By :
Serving Size : 48 Preparation Time :0:00

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Categories : Breads

Holiday

Amount	Measure	Ingredient -- Preparation Method
2	cups	fresh or frozen cranberries -- chopped
1 2/3	cups	sugar
2/3	cup	vegetable oil
1/2	cup	milk
2	teaspoons	grated lemon or orange peel
2	teaspoons	vanilla
4		eggs
3	cups	all-purpose flour
1/2	cup	coarsely chopped walnuts or pecans
4	teaspoons	baking powder
1	teaspoon	salt

Heat oven to 350°. Grease bottoms only of 2 loaf pans, 8 1/2 x 4 1/2 x 2 1/2 inches or 9 x 5 x 3 inches. Mix cranberries, sugar, oil, milk, lemon peel, vanilla and eggs in large bowl. Stir in remaining ingredients. Pour into pans.

Bake 50 to 60 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaves from pans; remove from pans. Cool completely on wire rack before slicing. Store tightly wrapped in refrigerator up to 1 week.

2 loaves (24 slices each)

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yield:

"2 Loaves"

Per serving: 100 Calories (kcal); 4g Total Fat; (38% calories from fat); 2g Protein; 14g Carbohydrate; 16mg Cholesterol; 91mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 2928 0 0 0 20084 0 0 0 20187 0 0

* Exported from MasterCook *

Cranberry Chip Cookies

Recipe By :

Serving Size : 66 Preparation Time :0:00

Categories : Cookies & Brownies

Amount	Measure	Ingredient -- Preparation Method
1	cup	granulated sugar
3/4	cup	packed brown sugar
1/2	cup	margarine or butter -- (1 stick) softened
1/4	cup	milk
2	tablespoons	orange juice
1		egg
3	cups	all-purpose flour
1	teaspoon	baking powder

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1/2	teaspoon	salt
1/4	teaspoon	baking soda
2 1/2	cups	coarsely chopped cranberries
1	cup	chopped nuts
1/2	cup	vanilla milk chips
	OR	
1/2	cup	semisweet chocolate chips
	Chocolate Glaze, if desired -- (recipe follows)	
	CHOCOLATE GLAZE	
1/2	cup	semisweet chocolate chips
2	tablespoons	margarine or butter
2	tablespoons	corn syrup
1	teaspoon	hot water (1 to 2 teaspoons)

Heat oven to 375°. Grease cookie sheet. Mix sugars and margarine in large bowl. Stir in milk, orange juice and egg. Stir in flour, baking powder, salt and baking soda. Carefully stir in cranberries, nuts and vanilla milk chips.

Drop dough by rounded teaspoonfuls about 2 inches apart on cookie sheet.

Bake 10 to 15 minutes or until light brown. Remove from cookie sheet. Cool on wire rack. Spread with Chocolate Glaze.

CHOCOLATE GLAZE:

Heat chocolate chips, margarine and corn syrup over low heat, stirring constantly, until chocolate chips are melted; cool slightly. Stir in water, 1 teaspoon at a time, until consistency of thick syrup.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"A lovely, soft cookie bursting with cranberries and nuts. Try pistachio nuts for a unique flavor and even more color! You can use frozen cranberries, but be sure to pat them dry after chopping and don't overmix, or they may smear."

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Yield:

"66 Cookies"

Per serving: 89 calories (kcal); 4g Total Fat; (37% calories from fat); 1g Protein; 13g Carbohydrate; 3mg Cholesterol; 52mg Sodium
Food Exchanges: 1/2 Grain(starch); ■ Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

NOTES : Tip

Use shortening when greasing cookie sheets, and only grease if specified in the recipe. Margarine or butter can cause the cookies to stick and overbrown. Regrease sheets as needed during baking.

Nutr. Assoc. : 0 0 4098 0 0 ■ ■ ■ 0 ■ 2660 ■ 927 ■ 2130706543 2130706543 0
0 0 4098 0 3728

* Exported from MasterCook *

Cranberry-Apple Pie

Recipe By :
Serving Size : ■ Preparation Time :0:00
Categories : Desserts

Holiday

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Pies

Amount	Measure	Ingredient -- Preparation Method
		Favorite Pastry for 9-Inch Two-Crust Pie -- (see recipe)
1 3/4	cups	sugar (1 3/4 to 2 cups)
1/4	cup	all-purpose flour
3	cups	sliced peeled tart apples (about 3 medium)
2	cups	fresh or frozen (thawed) cranberries
2	tablespoons	margarine or butter

Heat oven to 425°. Prepare pastry. Mix sugar and flour. Arrange half of the apples in pastry-lined pie plate. Top with cranberries. Sprinkle sugar mixture over cranberries. Top with remaining apples. Dot with margarine. Cover with top crust that has slits cut in it; seal and flute. Cover edge with 2- to 3-inch strip of aluminum foil to prevent excessive browning; remove foil during last 15 minutes of baking.

Bake 40 to 50 minutes or until crust is brown and juice begins to bubble through slits in crust. Serve warm with ice cream if desired.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"A nice blend of flavors for those who find cranberries alone a bit too intense."

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Yield:

"1 Pie"

Per serving: 379 Calories (kcal); 12g Total Fat; (27% calories from fat); 2g Protein; 68g Carbohydrate; 8mg Cholesterol; 168mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 2 1/2 Fat;
3 Other Carbohydrates

Nutr. Assoc. : 0 1440 14 20149 2928 4098

* Exported from MasterCook *

Favorite Pastry for 9-Inch Two-Crust Pie

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method
2	cups	all-purpose flour
1	teaspoon	salt
2/3	cup	lard
		OR
2/3	cup	plus 2 tablespoons shortening
4	tablespoons	cold water (4 to 5 tablespoons)

Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons water can be added if necessary).

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Divide pastry in half and shape into 2 flattened round on lightly floured cloth-covered surface.

Roll pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.

Turn desired filling into pastry-lined pie plate. Trim overhanging edge of pastry 1/2 inch from rim of plate. Roll other round of pastry. Fold into fourths; cut slits so steam can escape.

Place over filling and unfold. Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll top edge under lower edge, pressing on rim to seal. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour occasionally to prevent sticking, or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into V shape; pinch again to sharpen.

For Baked Pie Shell: Heat oven to 475°. Prick bottom and side thoroughly with fork. Bake 8 to 10 minutes or until light brown; cool.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Yield:
"2 Crusts"

Per serving: 268 Calories (kcal); 17g Total Fat; (59% calories from fat); 3g Protein; 24g Carbohydrate; 16mg Cholesterol; 267mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 3 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 ■ 2130706543 2777

* Exported from MasterCook *

Cranberry-Orange Bread

Recipe By :
Serving Size : 24 Preparation Time : 0:00
Categories : Breads Holiday

Amount	Measure	Ingredient -- Preparation Method
2	cups	all-purpose flour
3/4	cup	sugar
1 1/2	teaspoons	baking powder
1/2	teaspoon	salt
1/2	teaspoon	baking soda
1/4	cup	butter or margarine -- softened
1	tablespoon	grated orange peel
3/4	cup	orange juice
1		egg
1	cup	fresh or frozen (thawed and drained)
		cranberries -- chopped
1/2	cup	chopped nuts

Heat oven to 350°. Grease bottom only of loaf pan, 8 1/2 x 4 1/2 x 2 1/2

inches or 9 x 5 x 3 inches. Mix flour, sugar, baking powder, salt and baking soda; stir in butter until mixture is crumbly. Stir in orange peel, orange juice and egg just until moistened; stir in cranberries and nuts. Spread in pan.

Bake 8-inch loaf 1 hour 15 minutes, 9-inch loaf 55 to 65 minutes or until toothpick inserted in center comes out clean; cool 5 minutes. Loosen side of loaf from pan; remove from pan. Cool completely before slicing.

1 loaf (24 slices)

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Yield:

"1 Loaf"

Per serving: 106 calories (kcal); 4g Total Fat; (32% calories from fat); 2g Protein; 16g Carbohydrate; 8mg Cholesterol; 126mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat;
1/2 other Carbohydrates

NOTES : TIP

Purchase chopped nuts for this quick bread or use your food processor to chop a large quantity of nuts. Freeze in 1-cup amounts to have ready for use any time.

Nutr. Assoc. : 0 0 0 0 0 4098 0 0 0 2928 0

* Exported from MasterCook *

Cream Cheese Frosting

Recipe By : [Sally](#) Serving Size : 16 Preparation Time :0:00
Categories : Cakes

Desserts

Amount	Measure	Ingredient -- Preparation Method
1	(8 ounce) package	cream cheese -- softened
1/4	cup	stick margarine or butter* -- softened*
2	teaspoons	milk
1	teaspoon	vanilla
4	cups	powdered sugar

Beat cream cheese, margarine, milk and vanilla in medium bowl with electric mixer on low speed until smooth.

Gradually beat in powdered sugar on low speed, 1 cup at a time, until smooth and spreadable. Frost one 13 x 9-inch cake generously, or fills and frosts one 8- or 9-inch two-layer cake. Refrigerate any remaining frosting.

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"2 1/2 Cups"

Per serving: 193 calories (kcal); 8g Total Fat; (35% calories from fat); 1g Protein; 30g Carbohydrate; 16mg Cholesterol; 76mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 1 1/2 Fat; 2 Other Carbohydrates

NOTES : *We do not recommend using vegetable oil spreads.

Chocolate Cream Cheese Frosting: Add 2 ounces unsweetened baking chocolate, melted and cooled, with the margarine.
Nutr. Assoc. : 0 4098 0 0 0

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Cream Puffs

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
1	cup	water
1/2	cup	margarine or butter
1	cup	all-purpose flour*
4		eggs
		Ice cream
		Chocolate Fudge Sauce -- (recipe follows)
		CHOCOLATE FUDGE SAUCE
1	(12 ounce) package semisweet chocolate chips	
	OR	
4	(4 ounce) bars sweet cooking chocolate	
1/2	cup	sugar
1/2	cup	water
1/2	cup	half-and-half
		OR
1/2	cup	evaporated milk

Heat oven to 400°. Heat water and margarine to rolling boil in 1-quart saucepan. Stir in flour. Stir vigorously over low heat until mixture forms a ball, about 1 minute. Remove from heat; cool 10 minutes. Beat in eggs, all at once; continue beating until smooth. Drop dough by scant 1/4 cupfuls about 3 inches apart onto ungreased cookie sheet. Bake until puffed and golden, 35 to 40 minutes. Cool away from draft. Cut off tops; pull out any filaments of soft dough. Fill puffs with ice cream; replace tops. Drizzle with Chocolate Fudge Sauce.

CHOCOLATE FUDGE SAUCE:

Heat chocolate, sugar and water over low heat, stirring constantly, until chocolate and sugar are melted; remove from heat. Stir in half-and-half.

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Yield:
"12 cream puffs"

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Per serving: 309 Calories (kcal); 19g Total Fat; (51% calories from fat); 4g Protein; 35g Carbohydrate; 66mg Cholesterol; 116mg Sodium
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; ■ Vegetable; 0 Fruit; 3 1/2 Fat; 1 1/2 Other Carbohydrates

NOTES : *Self-rising flour can be used in this recipe.

Nutr. Assoc. : 0 4098 14 0 0 2130706543 ■ ■ ■ ■ 2130706543 0 0 704 0
2130706543

* Exported from MasterCook *

Cream-Filled Oat Bars

Recipe By :
Serving Size : 24 Preparation Time :0:00
Categories : Cookies & Brownies

Amount	Measure	Ingredient -- Preparation Method
1	(14 ounce) can	sweetened condensed milk
2	teaspoons	grated lemon peel
1/4	cup	lemon juice
1 1/4	cups	all-purpose flour
1	cup	quick-cooking or regular oats
1/2	cup	packed brown sugar
1/2	cup	margarine or butter -- softened
1/4	teaspoon	salt
1/4	teaspoon	baking soda

Heat oven to 375°. Grease square pan, 9 x 9 x 2 inches. Mix milk, lemon peel and lemon juice until thickened; reserve. Mix remaining ingredients until crumbly. Press half of the crumbly mixture in pan. Bake about 10 minutes or until set.

Spread milk mixture over baked layer. Sprinkle remaining crumbly mixture on milk mixture. Press gently into milk mixture.

Bake about 20 minutes or until edge is golden brown and center is set but soft. Cool completely.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"Wonderfully creamy in the center, these golden brown bars are an exceptional treat."

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Yield:

"24 Bars"

Per serving: 142 Calories (kcal); 6g Total Fat; (34% calories from fat); 3g Protein; 21g Carbohydrate; 6mg Cholesterol; 103mg Sodium
Food Exchanges: 1/2 Grain(Starch); ■ Lean Meat; ■ Vegetable; 0 Fruit; 1 Fat; 1 Other Carbohydrates

Nutr. Assoc. : 0 20084 0 0 20223 0 4098 0 ■

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Crown Roast of Pork with Mushroom Stuffing

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Holiday Pork

Amount	Measure	Ingredient -- Preparation Method
7 1/2	pounds	pork crown roast (about 20 ribs) -- (7 1/2 to 8 pounds)
2	teaspoons	salt
1	teaspoon	pepper
		Mushroom stuffing -- (recipe follows)
		MUSHROOM STUFFING
1	medium cup	onion (about 1/2 cup) -- finely chopped
2/3	cups	margarine or butter
8	tablespoon	unseasoned croutons
1	teaspoon	chopped fresh sage, thyme or marjoram leaves
		OR
1	teaspoon	dried sage, thyme or marjoram leaves
1	teaspoon	poultry seasoning
1	teaspoon	salt
1/2	teaspoon	pepper
1	pound	fresh mushrooms -- sliced
		OR
1	(6 ounce) can	sliced mushrooms (1 can) -- drained
2	medium stalk	celery (about 1 cup) -- chopped

Heat oven to 325°. Sprinkle pork roast with salt and pepper. Place pork, bone end up, on rack in shallow roasting pan. Wrap bone ends in aluminum foil to prevent excessive browning. Insert meat thermometer so tip is in thickest part of meat and does not touch bone. Place a small heatproof bowl or crumpled aluminum foil in crown to hold shape of roast evenly.

Roast uncovered until thermometer registers 160° (medium), 20 to 25 minutes per pound; or 170° (well), 26 to 31 minutes per pound. Prepare Mushroom Stuffing.

One hour before pork is done, remove bowl and fill center of crown with Mushroom Stuffing. Cover only stuffing with aluminum foil during first 30 minutes.

When pork is done, place on large warm platter and allow to stand about 20 minutes for easiest carving. Remove foil wrapping; place paper frills on bone ends if desired. Remove stuffing to another bowl. To carve, cut roast between ribs.

MUSHROOM STUFFING:

Cook onion in margarine in Dutch oven over medium heat about 3 minutes, stirring frequently, until tender. Stir in half of the croutons. Cook, stirring frequently, until evenly mixed and croutons are softened. Mix in remaining croutons and ingredients.

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Per serving: 690 Calories (kcal); 53g Total Fat; (69% calories from fat); 33g Protein; 18g Carbohydrate; 137mg Cholesterol; 933mg Sodium

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Food Exchanges: 1 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 0 Fruit; 8 Fat; 0 Other Carbohydrates

NOTES : Tip

Buy fresh mushrooms already sliced in the produce or deli section of your supermarket.

Nutr. Assoc. : 1168 0 0 2130706543 0 ■ 27188 4098 489 4521 26058
2130706543 4614 0 ■ 3386 ■ 2130706543 2516

* Exported from MasterCook *

Crunchy Nut Ice Cream Pie

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method
1 1/2	cups	ground pecans, walnuts or almonds
3	tablespoons	sugar
2	tablespoons	margarine or butter -- softened
1	quart	coffee, chocolate or vanilla ice cream Rich Chocolate Sauce -- (recipe follows)
		RICH CHOCOLATE SAUCE
■	ounces	sweet cooking chocolate OR
1	(6 ounce) package	semisweet chocolate chips (1 cup)
1/4	cup	sugar
1/4	cup	water
1/4	cup	half-and-half

Heat oven to 400°. Mix pecans, sugar and margarine. Press firmly and evenly against bottom and side of ungreased pie plate, 9 x 1 1/4 inches.

Bake ■ to 8 minutes; cool.

Spoon or scoop ice cream into pie shell. Freeze until firm, about 4 hours. Remove from freezer 10 to 15 minutes before serving. Cut into wedges; spoon Rich Chocolate Sauce over each serving.

RICH CHOCOLATE SAUCE:

Heat chocolate, sugar and water in saucepan over low heat, stirring constantly, until chocolate and sugar are melted. Remove from heat; blend in half-and-half. Serve warm or cool.

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Yield:

"1 Pie"

Per serving: 461 Calories (kcal); 32g Total Fat; (57% calories from fat); 5g Protein; 47g Carbohydrate; 33mg Cholesterol; 81mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; ■ Vegetable; 0 Fruit; 6 Fat; 3 Other Carbohydrates

* Exported from MasterCook *

Decadent Chocolate Cake with Raspberry Sauce

Recipe By :
Serving Size : 12 Preparation Time : 0:00
Categories : Cakes Desserts

Amount	Measure	Ingredient -- Preparation Method
1	cup	semisweet chocolate chips
1/2	cup	margarine or butter
1/2	cup	all-purpose flour
		OR
4	1/2 cup	cake flour
		eggs -- separated
4	1/2 cup	sugar
	1/2 cup	semisweet chocolate chips
2	tablespoons	margarine or butter
2	tablespoons	corn syrup
		Raspberry Sauce -- (recipe follows)
		RASPBERRY SAUCE
1 reserved	(10 ounce) package	frozen raspberries -- thawed, drained and juice
	1/4 cup	sugar
2	tablespoons	cornstarch
1	tablespoon	orange- or raspberry-flavored liqueur, if desired (1 to 2 tablespoons)

Heat oven to 325°. Grease springform pan, 8 x 2 1/2 inches, or round pan, 9 x 1 1/2 inches. Heat 1 cup chocolate chips and 1/2 cup margarine in 2-quart heavy saucepan over medium heat until chocolate chips are melted; cool 5 minutes. Stir in flour until smooth. Stir in egg yolks until well blended.

Beat egg whites in large bowl on high speed until foamy. Beat in sugar, 1 tablespoon at a time, until soft peaks form. Fold chocolate mixture into egg whites. Spread in pan.

Bake springform 35 to 40 minutes, round 30 to 35 minutes (top will appear dry and cracked) or until toothpick inserted in center comes out clean; cool 10 minutes.

Run knife along side of cake to loosen; remove side of springform pan. Invert cake onto wire rack; remove bottom of springform pan and cool cake completely. Place on serving plate.

Heat 1/2 cup chocolate chips, 2 tablespoons margarine and the corn syrup over medium heat until chocolate chips are melted. Spread over top of cake, allowing some to drizzle down side. Serve with Raspberry Sauce. Garnish with fresh raspberries and sweetened whipped cream, if desired.

RASPBERRY SAUCE:

Add enough water to reserved juice to measure 1 cup. Mix sugar and cornstarch in 1-quart saucepan. Stir in juice and raspberries. Heat to boiling over medium heat. Boil and stir 1 minute; strain. Stir in liqueur.

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yield:
"1 Cake"

Per serving: 318 Calories (kcal); 17g Total Fat; (46% calories from fat); 4g Protein; 40g Carbohydrate; 62mg Cholesterol; 137mg Sodium
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 3 1/2 Fat; 2 Other Carbohydrates

Nutr. Assoc. : 0 4098 0 0 2130706543 ■ ■ ■ 4098 ■ 2130706543 0 0 1233 0 0
4305

* Exported from MasterCook *

Decorator's Frosting

Recipe By :
Serving Size : 42 Preparation Time :0:00
Categories : Baking with Kids Holiday

Amount	Measure	Ingredient -- Preparation Method
1	cup	powdered sugar
3	drops	food color (3 to 4 drops)
3	teaspoons	water (3 to 5 teaspoons)

Mix in small bowl with wooden spoon, adding the water 1 teaspoon at a time, until frosting is thin enough to drizzle or thick enough to be used in a decorating bag:

1 cup powdered sugar
3 or 4 drops food color
3 to 5 teaspoons water

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yield:
"2/3 cup"

Per serving: 11 Calories (kcal); trace Total Fat; (0% calories from fat); 0g Protein; 3g Carbohydrate; 0mg Cholesterol; trace sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Utensils You Will Need
Small bowl • Dry-ingredient measuring cup • Measuring spoons •
Wooden spoon
Nutr. Assoc. : 0 3314 1582

* Exported from MasterCook *

Deep-Dish Cherry-Berry Pie

Recipe By :
Serving Size : 9 Preparation Time :0:00

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Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method
		Favorite Pastry for 9-Inch One-Crust Pie -- (see recipe)
3/4	cup	sugar
1/2	cup	all-purpose flour
2 1/3	cups	fresh red tart cherries -- pitted*
2	cups	fresh strawberries -- cut in half**
1	teaspoon	grated orange peel
1	tablespoon	orange juice
1	tablespoon	Red food color, if desired
		butter or margarine

Heat oven to 425°. Generously grease square pan, 9 x 9 x 2 inches, or deep-dish pie plate, 9 1/2 x 1 3/4 inches. Prepare pastry as directed--except roll into 10-inch square. Make cutouts near center so steam can escape. Mix sugar and flour in medium bowl; stir in cherries, strawberries, orange peel, orange juice and red food color. Turn into pan. Dot with butter. Fold pastry in half; place over fruit mixture. Fold edges of pastry just under inside edges of pan; press pastry to edges of pan.

Bake about 55 minutes or until juice begins to bubble through cutouts in crust. Serve warm with whipping (heavy) cream if desired.

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Yield:

"1 Pie"

Per serving: 251 calories (kcal); 9g Total Fat; (32% calories from fat); 3g Protein; 40g Carbohydrate; 7mg Cholesterol; 135mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 2 Fat; 1 Other Carbohydrates

NOTES : *2 cans (about 16 ounces each) pitted red tart cherries, drained, can be substituted for the fresh cherries.

**2 cups frozen strawberries, thawed, drained and cut in half, can be substituted for the fresh strawberries.

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* Exported from MasterCook *

Favorite Pastry for 9-Inch One-Crust Pie

Recipe By :
Serving Size : ■ Preparation Time :0:00
Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method
1	cup	all-purpose flour
1/2	teaspoon	salt
1/3	cup	lard
		OR
1/3	cup	plus 1 tablespoon shortening
2	tablespoons	cold water (2 to 3 tablespoons)

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Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons water can be added if necessary).

Gather pastry into ball; shape into flattened round on lightly floured cloth-covered surface.

Roll pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.

Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll pastry under, even with plate. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into V shape; pinch again to sharpen. Fill and bake as directed in recipe.

For Baked Pie Shell: Heat oven to 475°. Prick bottom and side thoroughly with fork. Bake 8 to 10 minutes or until light brown; cool.

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yieldi

"1 Crust"

Per serving: 134 Calories (kcal); 9g Total Fat; (59% calories from fat); 2g Protein; 12g Carbohydrate; 8mg Cholesterol; 134mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; ■ Fruit; 1 1/2 Fat; 0 Other Carbohydrates

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* Exported from MasterCook *

Dijon-Thyme Bread (1 1/2-Pound Recipe)

Recipe By : **Shirley** Serving Size : 12 Preparation Time :0:00
Categories : Bread Machine Breads

Amount	Measure	Ingredient -- Preparation Method
1	cup	water
3	tablespoons	dijon mustard
1	tablespoon	vegetable oil
3	cups	bread flour
2	tablespoons	sugar
3/4	teaspoon	salt
1	teaspoon	dried thyme leaves
2	teaspoons	bread machine yeast

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

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Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/white cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.

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Yield:
"1 Loaf"

Per serving: 147 calories (kcal); 2g Total Fat; (11% calories from fat); 5g Protein; 27g Carbohydrate; 0mg Cholesterol; 182mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

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Dijon-Thyme Bread (1-Pound Recipe)

Recipe By : Preparation Time :0:00
Serving Size : breads
Categories : **Bread Machine**

Amount	Measure	Ingredient -- Preparation Method
2/3	cup	water
2	tablespoons	dijon mustard
2	teaspoons	vegetable oil
2	cups	bread flour
1	tablespoon	sugar
1/2	teaspoon	salt
1/2	teaspoon	dried thyme leaves
1 1/4	teaspoons	bread machine yeast

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/white cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.

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Yield:
"1 Loaf"

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Per serving: 145 Calories (kcal); 2g Total Fat; (11% calories from fat); 5g Protein; 27g Carbohydrate; 0mg Cholesterol; 182mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 3159 2019

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DINETTE CAKE

Recipe By :
Serving Size : 0 Preparation Time :0:00
Categories : Cakes Desserts

Amount	Measure	Ingredient -- Preparation Method
1 1/4	cups	all-purpose flour*
1	cup	sugar
1 1/2	teaspoons	baking powder
1/2	teaspoon	salt
3/4	cup	milk
1/3	cup	shortening
1		egg
1	teaspoon	vanilla
1 1/4	cups	French Silk Frosting -- (see recipe)

Heat oven to 350°. Grease and flour square pan, 8 x 8 x 2 or 9 x 9 x 2 inches, or round pan 9 x 1 1/2 inches. Beat all ingredients except frosting in large mixer bowl on low speed, scraping bowl constantly, 30 seconds. Beat on high speed, scraping occasionally, 3 minutes. Pour into pan.

Bake until toothpick inserted in center comes out clean, square 35 to 50 minutes, round 35 minutes; cool. Frost with French Silk Frosting (see recipe).

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Yield:
"1 Cake"

Per serving: 2763 Calories (kcal); 116g Total Fat; (37% calories from fat); 30g Protein; 410g Carbohydrate; 213mg Cholesterol; 2287mg Sodium
Food Exchanges: 8 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat; 18 1/2 Other Carbohydrates

NOTES : *if using self-rising flour, omit baking powder and salt.
Nutr. Assoc. : 14 0 0 0 0 0 0 0

* Exported from MasterCook *

French Silk Frosting

Recipe By :
Serving Size : 10 Preparation Time :0:00
Categories : Cakes Desserts

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Amount	Measure	Ingredient -- Preparation Method
1/3	cup	margarine or butter -- softened
1 1/3	cups	powdered sugar
1	ounce	melted unsweetened chocolate -- (cool)
1/2	teaspoon	vanilla
1	tablespoon	milk

Beat margarine, powdered sugar, chocolate and vanilla on low speed until blended. Gradually beat in milk until fluffy.

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Yield:
"2 2/3 Cups"

Per serving: 133 Calories (kcal); 8g Total Fat; (49% calories from fat); trace Protein; 17g Carbohydrate; trace Cholesterol; 72mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 1 Other Carbohydrates

Nutr. Assoc. : 4098 0 5387 0 0

* Exported from MasterCook *

Dinosaur Cakes

Recipe By :
Serving Size : 14 Preparation Time :0:00
Categories : Baking with Kids Cakes

Amount	Measure	Ingredient -- Preparation Method
		Shortening
		All-purpose flour
2 1/3	cups	all-purpose flour
1 1/3	cups	sugar
1/2	cup	shortening
1 1/4	cups	orange juice
3 1/2	teaspoons	baking powder
1	teaspoon	vanilla
1/2	teaspoon	salt
3	large	eggs
1/4	cup	multicolored candy decorations
1	(1 pound) tub	chocolate ready-to-spread frosting with dinosaur candy bit sprinkles

Heat oven to 350°.

Grease jelly roll pan with:
Shortening

Put small amount in pan and shake to coat, then pour out any extra:
All-purpose flour

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Beat in large bowl with electric mixer on low speed 30 seconds, scraping bowl all the time:

2 1/3 cups all-purpose flour
1 1/3 cups sugar
1/2 cup shortening
1 1/4 cups orange juice
3 1/2 teaspoons baking powder
1 teaspoon vanilla
1/2 teaspoon salt
3 large eggs

Beat batter with electric mixer on high speed 3 minutes, scraping bowl a few times.

Add:

1/4 cup multicolored candy decorations

Beat batter on low speed a few seconds to mix in candy decorations. Pour batter into pan, spreading batter to corners.

Bake 20 to 25 minutes or until toothpick poked in center comes out clean. Cool completely on wire rack.

Freeze cake uncovered about 1 hour. Cut cake into dinosaur shapes with cookie cutters. Remove dinosaur cakes from pan with spatula.

Frost tops of cakes with frosting and sprinkle with dinosaur candies from:
1 tub (1 lb) chocolate ready-to-spread frosting with dinosaur candy bit sprinkles.

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Yield:

"14 Cakes"

T(Freeze):

"1:00"

- - - - -

Per serving: 380 Calories (kcal); 13g Total Fat; (31% calories from fat); 3g

Protein; 62g Carbohydrate; 40mg Cholesterol; 304mg Sodium

Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat; 2 1/2 Other Carbohydrates

NOTES : Utensils You Will Need

Jelly roll pan, 15 1/2 x 10 1/2 x 1 inch • Pastry brush • Large bowl • Dry-ingredient measuring cups • Measuring spoons • Liquid measuring cup • Electric mixer • Rubber scraper • Fork • Pot holders • Toothpick • Wire cooling rack • Dinosaur-shaped cookie cutters • Spatula

Here's another idea. . . Make Shaped Cakes: Cut cake into shapes using your favorite cookie cutters and frost with any ready-to-spread frosting with candy bit sprinkles.

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Dinosaur Calzones

Recipe By :
Serving Size : 10 Preparation Time :0:00

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Categories : Appetizers
Beef

Baking with kids

Amount	Measure	Ingredient -- Preparation Method
1	pound	ground beef
1	medium	onion -- chopped (1/2 cup)
2/3	cup	pizza sauce
5	cups	Bisquick original baking mix
3/4	cup	water
3	tablespoons	vegetable oil
1	cup	shredded Cheddar cheese (4 ounces)
1		egg white
2	whole	peppercorns

Heat oven to 450°.

Adult help: Cook in skillet over medium heat about 10 minutes, stirring often, until brown:

1 pound ground beef

Pour beef into colander to drain off any fat. Put beef back in skillet.

stir into beef, then set aside:

1 medium onion, chopped (1/2 cup)
2/3 cup pizza sauce

Mix in large bowl to make a dough (using hands to shape into ball, if necessary):

5 cups Bisquick Original baking mix
3/4 cup water
3 tablespoons vegetable oil

Cut off and save about 1/4 of the dough. Divide the rest of the dough in half.

Sprinkle a clean surface (such as a kitchen counter or breadboard) with flour or baking mix. Put dough on surface. Roll or pat each dough half into 12-inch circle. Put each circle on cookie sheet.

Top half of each circle (1/2 cup for each circle):
1 cup shredded Cheddar cheese (4 ounces)

Top cheese with beef mixture to within 1 inch of edge of dough. Fold dough over filling, then press edge with fork to seal.

Beat in small bowl with fork:

1 egg white

Make fourteen 3/4-inch balls from some of the saved dough. Press 10 of the balls into triangle shapes. Press 5 triangles into sealed edge of each calzone for spikes on the backs of the dinosaurs, using egg white as glue.

Roll the rest of the balls between your hands to make legs with feet. Press 2 legs into folded edge of each calzone, using egg white as glue. Divide the rest of the saved dough into 4 pieces. Roll pieces between your hands to make tails and heads with necks. Press into calzones, using egg white as glue.

If you like, press into each head for eye 1 of:
2 whole peppercorns

Bake 15 to 20 minutes or until golden brown (it may be necessary to cover small dough pieces with pieces of aluminum foil during the last few minutes of baking).

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Per serving: 425 Calories (kcal); 22g Total Fat; (46% calories from fat); 16g Protein; 41g Carbohydrate; 40mg Cholesterol; 905mg Sodium
Food Exchanges: 2 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 3 1/2 Fat; 0 Other Carbohydrates

NOTES : Utensils You Will Need

10-inch skillet • Wooden spoon • Colander • Cutting board • Sharp knife • Dry-ingredient measuring cup • Liquid measuring cup • Large bowl • Measuring spoons • Rolling pin • Ruler • 2 cookie sheets • Small bowl • Fork • Pastry brush • Pot holders

Tip

If your oven does not hold 2 cookie sheets side by side, make one calzone with half the dough and beef mixture. Bake that one while you make the second calzone.

Nutr. Assoc. : 9018 0 0 2250 0 0 4922 0 0

* Exported from MasterCook *

Divine Caramel Sauce

Recipe By :
Serving Size : 9 Preparation Time :0:00
Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
2	cups	sugar
3/4	cup	stick margarine or butter*
2	cups	whipping (heavy) cream
1	cup	light corn syrup
	Pinch	salt
1	teaspoon	vanilla

Heat all ingredients except vanilla to boiling in heavy Dutch oven over medium heat, stirring constantly; reduce heat slightly. Boil about 30 minutes, stirring frequently, until sugar is dissolved and mixture is caramel colored.

stir in vanilla. Serve hot or warm. Store in refrigerator up to 2 months.

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Per serving: 594 Calories (kcal); 35g Total Fat; (50% calories from fat); 1g Protein; 74g Carbohydrate; 73mg Cholesterol; 242mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; ■ Vegetable; 0 Fruit; 7 Fat; 5 Other Carbohydrates

NOTES : *We do not recommend using vegetable oil spreads.

Nutr. Assoc. : 0 4098 721 0 0 ■

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Double Apricot-Almond Bread (1 1/2-Pound Recipe)

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	lukewarm water
1	(6 ounce) jar	apricot baby food -- (reserve 1 teaspoon)
2	tablespoons	margarine or butter -- softened
3	cups	bread flour
2	tablespoons	dry milk
2	tablespoons	sugar
1 1/2	teaspoons	salt
1/4	teaspoon	ground nutmeg (1/4 to 1/2 teaspoons)
2	teaspoons	bread machine yeast
1/2	cup	quartered dried apricots
1/2	cup	coarsely chopped toasted almonds
		Apricot Glaze -- (recipe follows)
		APRICOT GLAZE
1/2	cup	powdered sugar
1	teaspoon	reserved apricot baby food
1	teaspoon	milk
	dash	nutmeg

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients except the 1 teaspoon reserved baby food, apricots, almonds and Apricot Glaze in bread machine pan in the order recommended by the manufacturer. Add apricots and almonds at the Raisin/Nut signal or 5 to 10 minutes before last kneading cycle ends.

Select Sweet or Basic/white cycle. Use Medium or Light crust color. Do not use delay cycles. Remove baked bread from pan and cool on wire rack. Prepare Apricot Glaze; drizzle onto cooled loaf.

ABRICOT GLAZE:

Mix all ingredients until smooth and thin enough to drizzle.

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yield:

"1 Loaf"

Per serving: 233 Calories (kcal); 6g Total Fat; (22% calories from fat); 6g Protein; 40g Carbohydrate; 1mg Cholesterol; 298mg Sodium
Food Exchanges: 2 Grain(starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 Fat; 1/2 Other Carbohydrates

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0 962

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Double Apricot-Almond Bread (1-Pound Recipe)

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Bread Machine Breads

Amount	Measure	Ingredient -- Preparation Method
1/3	cup (4 ounce) jar	Lukewarm water apricot baby food -- (reserve 1 teaspoon)
1	tablespoon	margarine or butter -- softened
2	cups	bread flour
1	tablespoon	dry milk
1	tablespoon	sugar
1	teaspoon	salt
1	1/8 teaspoon	ground nutmeg (1/8 to 1/4 teaspoon)
1	teaspoon	bread machine yeast
1/3	cup	quartered dried apricots
1/3	cup	coarsely chopped toasted almonds
		Apricot Glaze -- (recipe follows)
		APRICOT GLAZE
1/2	cup	powdered sugar
1	teaspoon	reserved apricot baby food
1	teaspoon	milk
	Dash	nutmeg

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients except the 1 teaspoon reserved baby food, apricots, almonds and Apricot Glaze in bread machine pan in the order recommended by the manufacturer. Add apricots and almonds at the Raisin/Nut signal or 5 to 10 minutes before last kneading cycle ends.

Select Sweet or Basic/white cycle. Use Medium or Light crust color. Do not use delay cycles. Remove baked bread from pan and cool on wire rack. Prepare Apricot Glaze; drizzle onto cooled loaf.

APRICOT GLAZE:

Mix all ingredients until smooth and thin enough to drizzle.

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yield:

"1 Loaf"

Per serving: 235 Calories (kcal); 6g Total Fat; (20% calories from fat); 6g Protein; 41g Carbohydrate; 5mg Cholesterol; 289mg Sodium
Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1/2 Fruit; 1 Fat; 1/2 Other Carbohydrates

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Duchess Potatoes

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Holiday Main and Side Dishes

Amount	Measure	Ingredient -- Preparation Method
4	pounds	potatoes (about 12 medium) -- peeled and cut into pieces
2/3	cup	milk (2/3 to 1 cup)
1/2	cup	margarine or butter -- softened
1/2	teaspoon	salt
	Dash	pepper
4		eggs -- beaten
		Margarine or butter -- melted

Heat 1 inch water (salted if desired) in 3-quart saucepan to boiling. Add potatoes. Cover and heat to boiling. Cook whole potatoes 30 to 35 minutes, pieces 20 to 25 minutes or until tender; drain. Shake pan with potatoes over low heat to dry.

Heat oven to 425°. Grease cookie sheet. Mash potatoes until no lumps remain. Beat in milk in small amounts (amount of milk needed to make potatoes smooth and fluffy depends on kind of potatoes used). Add 1/2 cup margarine, the salt and pepper. Beat vigorously until potatoes are light and fluffy. Add eggs; beat until blended.

Drop potato mixture by spoonfuls into mounds onto cookie sheet. Or place in decorating bag with star tip and form rosettes or pipe in a border around meat. Brush with melted margarine.

Bake about 15 minutes or until light brown.

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T(Bake):
"0:15"

Per serving: 215 Calories (kcal); 9g Total Fat; (38% calories from fat); 5g Protein; 28g Carbohydrate; 63mg Cholesterol; 212mg Sodium
Food Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat;
0 Other Carbohydrates

NOTES : For a different twist, use sweet potatoes or yams, and sprinkle with nutmeg or cinnamon.

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* Exported from MasterCook *

Easy Pull-Apart Coffee Cake

Recipe By :
Serving Size : 16 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
		Page 158

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1	cup	pecan halves
3/4	cup	packed brown sugar
1/4	cup	(1/2 stick) plus 2 tablespoons margarine or butter
2	tablespoons	milk
1	package	(6 serving size) vanilla regular pudding and pie filling
4	cups	Bisquick original baking mix
2/3	cup	milk
2	tablespoons	granulated sugar
1	teaspoon	vanilla
1		egg

Heat oven to 350°. Grease 12-cup bundt cake pan. Sprinkle pecan halves in pan. Heat brown sugar, margarine, 2 tablespoons milk and the pudding and pie filling (dry) in 1-quart saucepan over medium heat, stirring constantly, until mixture begins to boil around edge; remove from heat and reserve.

Mix remaining ingredients until stiff dough forms; beat 30 seconds. (If dough is too sticky, stir in additional baking mix.) Turn dough onto surface dusted with baking mix; roll in baking mix to coat. Knead lightly 10 times. Cut dough into 32 pieces. Stack pieces of dough in pan. Pour brown sugar mixture evenly over dough.

Bake 25 to 30 minutes or until golden brown. Immediately invert onto heatproof serving plate; let pan remain over coffee cake 1 minute. Serve warm.

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Yield:
"1 Cake"

Per serving: 270 Calories (kcal); 12g Total Fat; (39% calories from fat); 3g Protein; 38g Carbohydrate; 13mg Cholesterol; 486mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat; 1 Other Carbohydrates

Nutr. Assoc. : 0 0 4098 0 5409 2250 0 0 0 0

* Exported from MasterCook *

Easy Pumpkin Nut Pie

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Baking with Kids Pies

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	margarine or butter (1 stick) -- softened
1/3	cup	packed brown sugar
1 1/4	cups	all-purpose flour OR
1 1/4	cups	whole wheat flour
1/2	cup	chopped nuts

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1/2	teaspoon	vanilla
1/4	teaspoon	salt
1/4	teaspoon	baking soda
2	large	eggs
1	cup	mashed pumpkin (about half of a 16-ounce can)
3/4	cup	packed brown sugar
1	teaspoon	ground cinnamon
1/2	teaspoon	salt
1/4	teaspoon	ground cloves
1/4	teaspoon	ground ginger
1/4	teaspoon	freshly ground nutmeg
1	(12 ounce) can	evaporated milk
1	cup	whipping (heavy) cream
3	tablespoons	packed brown sugar

Mix in large bowl with wooden spoon:

1/2 cup (1 stick) margarine or butter, softened
1/3 cup packed brown sugar

stir in just until crumbly:

1 1/4 cups all-purpose or whole wheat flour
1/2 cup chopped nuts
1/2 teaspoon vanilla
1/4 teaspoon salt
1/4 teaspoon baking soda

Press mixture against bottom and up side of pie plate, 9 x 1 1/2 inches, building up a 1/2-inch edge above top of pie plate. (A high edge is necessary to keep filling from running over.)

Heat oven to 425°.

Beat slightly in large bowl with fork:

2 large eggs

stir in until smooth:

1 cup mashed pumpkin (about half of a 16-ounce can)
3/4 cup packed brown sugar
1 teaspoon ground cinnamon
1/2 teaspoon salt
1/4 teaspoon ground cloves
1/4 teaspoon ground ginger
1/4 teaspoon freshly ground nutmeg

stir in, a little at a time:

1 can (12 ounces) evaporated milk

Pour pumpkin mixture into pie crust. Cover edge of crust with 2- to 3-inch strip of aluminum foil to keep crust from browning too much.

Bake 15 minutes. Turn oven temperature down to 350°. Bake 45 to 55 minutes longer or until knife poked in pie near center comes out clean. Cool completely on wire rack.

Chill medium bowl in freezer about 15 minutes or until cold.

Beat in chilled bowl with eggbeater until stiff:

1 cup whipping (heavy) cream
3 tablespoons packed brown sugar

Serve pie with the whipped cream. Cover and refrigerate any leftover pie and whipped cream.

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Yield:
"1 Pie"

Per serving: 548 Calories (kcal); 32g Total Fat; (51% calories from fat); 9g Protein; 59g Carbohydrate; 100mg Cholesterol; 459mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 6 Fat; 2 1/2 Other Carbohydrates

NOTES : Utensils You Will Need

2 large bowls • Dry-ingredient measuring cups • Wooden spoons • Measuring spoons • Pie plate, 9 x 1 1/2 inches • Fork • Can opener • Aluminum foil • Pot holders • Knife • Wire cooling rack • Medium bowl • Liquid measuring cup • Eggbeater

Nutr. Assoc. : 4098 0 14 0 2130706543 0 0 0 0 ■ 26007 0 0 0 0 0 0 0 721 0

* Exported from MasterCook *

Easy Sugar Cookies

Recipe By :
Serving Size : 48 Preparation Time :0:00
Categories : Baking with Kids Cookies & Brownies

Amount	Measure	Ingredient -- Preparation Method
1	cup	sugar
1	cup	margarine or butter (2 sticks) -- softened
1/2	teaspoon	vanilla
1	large	egg
2 1/4	cups	all-purpose flour Sugar, colored sugar or candy sprinkles

Heat oven to 375°.

Beat in large bowl with wooden spoon until smooth:

1 cup sugar
1 cup (2 sticks) margarine or butter, softened
1/2 teaspoon vanilla
1 large egg

Stir in:
2 1/4 cups all-purpose flour

Shape dough by teaspoonfuls into balls. Place balls about 2 inches apart on cookie sheet.

Flatten balls gently with bottom of glass dipped in:
Sugar, colored sugar or candy sprinkles

Bake 10 to 12 minutes or until set and edges just begin to brown. Cool cookies on cookie sheet 1 minute, then remove with spatula to wire rack. Cool.

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yield:

"48 Cookies"

Per serving: 73 calories (kcal); 4g Total Fat; (48% calories from fat); 1g Protein; 9g Carbohydrate; 4mg Cholesterol; 46mg Sodium
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates

NOTES : Utensils You Will Need

Large Bowl • Dry-ingredient measuring cups • Measuring spoons •
Wooden spoon • Cookie sheet • Teaspoon • Glass • Pot holders •
Spatula • Wire cooling rack • Small bowl

TIP

If dough is too soft to shape, cover with plastic wrap and
refrigerate about 1 hour.

Nutr. Assoc. : 0 4098 0 0 0 0

* Exported from MasterCook *

Eggplant Acapulco

Recipe By :

Serving Size : 8 Preparation Time :0:00

Categories : Main and Side Dishes Vegetables

Amount	Measure	Ingredient -- Preparation Method
1	small	eggplant (1 pound) -- peeled and cut into 1/2 inch cubes
1 1/2	cups	coarsely crushed corn chips (3 ounces)
1	cup	shredded Cheddar cheese (4 ounces)
1	(15 ounce) can	chunky Mexican-style tomato sauce

Heat oven to 350°. Grease square baking dish, 8 x 8 x 2 inches. Heat 1/2 inch water to boiling in 2-quart saucepan. Add eggplant. Cover and heat to boiling; reduce heat to medium-high. Cook 5 minutes; drain.

Mix corn chips and cheese. Spread half of the eggplant in baking dish; spoon half of the tomato sauce over eggplant. Sprinkle with half of the corn chip mixture. Repeat with remaining eggplant, tomato sauce and corn chip mixture. Bake uncovered about 30 minutes or until bubbly around edges.

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Description:

"Here's an out-of-the-ordinary eggplant dish that is great for a buffet supper."

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Per serving: 129 calories (kcal); 7g Total Fat; (49% calories from fat); 5g Protein; 12g Carbohydrate; 15mg Cholesterol; 144mg Sodium
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

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Elephant Ears

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Baking with Kids Breads

Amount	Measure	Ingredient --- Preparation Method
		Shortening
1/4	cup	(1/2 stick) margarine or butter
1	cup	all-purpose flour
2	tablespoons	sugar
1/2	teaspoon	baking powder
1/2	teaspoon	salt
1/3	cup	milk
2	tablespoons	sugar
1	teaspoon	ground cinnamon
		Sugar

Heat oven to 425°.

Grease cookie sheet with:
shortening

Melt in saucepan over low heat, then set aside:
1/4 cup (1/2 stick) margarine or butter

Mix in medium bowl with wooden spoon:
1 cup all-purpose flour
2 tablespoons sugar
1/2 teaspoon baking powder
1/2 teaspoon salt

Stir in to make a dough:
3 tablespoons of the melted margarine or butter
1/3 cup milk

Sprinkle a clean surface (such as a kitchen counter or bread board) with flour. Put dough on surface. Roll ball of dough around 3 or 4 times. Knead dough quickly and lightly by folding, pressing and turning. Repeat 10 times. Roll or pat dough into 9 - 5-inch rectangle.

Mix in small bowl:
2 tablespoons sugar
1 teaspoon ground cinnamon

Brush dough with the rest of the melted margarine or butter, then sprinkle with the sugar-cinnamon mixture.

Roll dough up tightly, beginning at short end of rectangle. Pinch edge of dough into roll to seal. Adult help: Cut roll into 4 equal pieces with sharp knife. Put pieces, cut sides up, on cookie sheet, then pat into 6-inch circles.

Sprinkle circles with:
Sugar

Bake 8 to 10 minutes or until edges are golden brown. Immediately remove elephant ears from cookie sheet with spatula to wire rack. Cool.

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approved Betty Crocker® Recipe.

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Per serving: 278 Calories (kcal); 12g Total Fat; (39% calories from fat); 4g Protein; 38g Carbohydrate; 3mg Cholesterol; 472mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); ■ Lean Meat; ■ Vegetable; 0 Fruit; 2 1/2 Fat; 1 other Carbohydrates

NOTES : Utensils You Will Need

Cookie sheet • Pastry brush • 1-quart saucepan • Small sharp knife
• Medium bowl • Dry-ingredient measuring cups • Measuring spoons •
Wooden spoon • Liquid measuring cup • Rolling pin • Ruler • Small
bowl • Sharp knife • Pot holders • Spatula • Wire cooling rack

TIP

Dip hands in sugar to keep them from sticking to dough when
patting circles on cookie sheet.

Nutr. Assoc. : 0 4098 0 0 0 0 0 0 0 0

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Espresso-Praline Torte

Recipe By :
Serving Size : 12 Preparation Time : 0:00
Categories : Cakes Holiday

Amount	Measure	Ingredient -- Preparation Method
4		egg whites
1/4	teaspoon	cream of tartar
1	cup	sugar
1 1/2	cups	Almond Praline -- (recipe follows)
1	tablespoon	whipping (heavy) cream
1	teaspoon	sugar
1/4	teaspoon	instant espresso coffee (dry)
		almond extract
		ALMOND PRALINE
1/2	cup	sliced almonds
1/4	cup	sugar

Cover 3 cookie sheets with cooking parchment paper or heavy brown paper. Heat oven to 225°. Beat egg whites and cream of tartar in large bowl on medium speed until foamy. Beat in 1 cup sugar, 1 tablespoon at a time on high speed; continue beating until stiff and glossy. Do not underbeat. Shape meringue into three 8-inch circles on brown paper.

Bake 1 hour. Turn oven off and leave meringues in oven with door closed 1 hour. Finish cooling at room temperature. Remove from paper to wire rack with spatula.

Prepare Almond Praline. Beat whipping cream, 1 tablespoon sugar, the espresso and almond extract in chilled medium bowl until stiff. Reserve 1 to 2 tablespoons praline for garnish. Fold remaining praline into whipped cream. Stack meringues, spreading whipped cream mixture between layers and over top. Sprinkle with reserved praline. Refrigerate at least 2 hours. Cover and refrigerate any remaining torte.

ALMOND PRALINE:

Grease cookie sheet. Cook almonds and sugar in 1-quart saucepan over low

heat, stirring occasionally, until sugar is melted and golden brown. Pour onto cookie sheet; cool. Crush coarsely in blender or place in plastic bag and crush with wooden mallet.

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Yield:
"1 Torte"

Per serving: 229 calories (kcal); 14g Total Fat; (54% calories from fat); 3g Protein; 24g Carbohydrate; 41mg Cholesterol; 30mg Sodium
Food Exchanges: 0 Grain(starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat; 1 1/2 Other Carbohydrates

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Favorite Cheese Pizza

Recipe By : **Shirley** Serving Size : 12 Preparation Time : 0:00
Categories : **Bread Machine** **Breakfast** **Brunch** **Cakes** **Cookies** **Desserts** **Drinks** **Entrees** **Side Dishes** **Soups** **Vegetables**

Amount	Measure	Ingredient -- Preparation Method
3	cups	bread flour
1	cup	plus 2 tablespoons water
2	tablespoons	olive or vegetable oil
2	tablespoons	grated Parmesan cheese, if desired
2 1/2	teaspoons	bread machine yeast
1 1/2	teaspoons	Italian seasoning, if desired
1	teaspoon	sugar
1	teaspoon	salt
Pizza Topping -- (recipe follows)		
PIZZA TOPPING		
1	(8 ounce) can	tomato sauce
1	teaspoon	Italian seasoning
1	clove	garlic -- finely chopped
1	small	onion -- thinly sliced and separated into rings
3	cups	shredded Mozzarella cheese (12 ounces)
1/4	cup	grated Parmesan cheese

Measure carefully, placing all ingredients except Pizza Topping in bread machine pan in the order recommended by the manufacturer. Select Dough/Manual cycle.

Move oven rack to lowest position. Heat oven to 400°. Grease 2 cookie sheets. Divide dough in half. Pat each half into 12-inch circle on cookie sheet with floured fingers. Add Pizza Topping.

Bake 18 to 20 minutes or until crust is light brown.

2 pizzas, 6 pieces each

PIZZA TOPPING:

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Mix tomato sauce, Italian seasoning and garlic. Spread half the sauce over each crust. Arrange onion on sauce. Sprinkle with cheeses.

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Yield:
"2 Pizzas"

Per serving: 259 Calories (kcal); 11g Total Fat; (37% calories from fat); 12g Protein; 29g Carbohydrate; 27mg Cholesterol; 458mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 1582 986 3562 2019 3776 0 0 2130706543 0 0 1506 0 0 0
26153 0

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Favorite Chocolate Chip Cookies

Recipe By :
Serving Size : 42 Preparation Time :0:00
Categories : Cookies & Brownies

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	granulated sugar
1/2	cup	packed brown sugar
1/3	cup	margarine or butter -- softened
1/3	cup	shortening
1		egg
1	teaspoon	vanilla
1 1/2	cups	all-purpose flour*
1/2	teaspoon	baking soda
1/2	teaspoon	salt
1/2	cup	chopped nuts
1	(6 ounce) package	semi-sweet chocolate chips

Heat oven to 375°. Mix sugars, margarine, shortening, egg and vanilla. Stir in remaining ingredients. Drop dough by rounded teaspoonfuls about 2 inches apart onto ungreased cookie sheet. Bake until light brown, 8 to 10 minutes. Cool slightly before removing from cookie sheet.

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Yield:
"42 Cookies"

Per serving: 94 calories (kcal); 5g Total Fat; (49% calories from fat); 1g Protein; 11g Carbohydrate; 8mg Cholesterol; 58mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates

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NOTES : * If using self-rising flour, omit baking soda and salt.
Nutr. Assoc. : 0 0 2394 0 0 0 14 0 0 0 4886

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Favorite Green Bean Casserole

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Main and Side Dishes Vegetables

Amount	Measure	Ingredient -- Preparation Method
2	(16 ounce) packages	frozen cut green beans
1	(10 3/4 ounce) can	condensed cream of celery, cream of chicken or cream of mushroom soup
1/2	cup	milk
1	(2 ounce) jar	diced pimientos -- drained
1/8	teaspoon	pepper
1	(2 3/4 ounce) can	French fried onions

Heat oven to 350°.

Cook green beans as directed on package for the minimum amount of time; drain.

Mix soup, milk, pimientos and pepper in 2-quart casserole or square baking dish, 8 x 8 x 2 inches. Stir in beans. Sprinkle with onions. Bake uncovered 30 to 40 minutes or until hot in center.

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Per serving: 183 Calories (kcal); 10g Total Fat; (46% calories from fat); 4g Protein; 22g Carbohydrate; 8mg Cholesterol; 510mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 3 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : Tip
Substitute 2 cans (16 ounces each) cut green beans, drained, for the frozen green beans, but do not cook. To microwave, use microwavable casserole. Decrease milk to 1/4 cup. Stir beans into soup mixture. Cover and microwave on High 5 minutes; stir. Sprinkle with onions. Microwave uncovered 3 to 5 minutes or until hot.

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Favorite Pastry for 10-Inch One-Crust Pie

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method
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1 1/3	cups	all-purpose flour
1/2	teaspoon	salt
1/4	cup	plus 3 tablespoons lard
		OR
1/2	cup	shortening
3	tablespoons	cold water (3 to 4 tablespoons)

Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons water can be added if necessary).

Gather pastry into ball; shape into flattened round on lightly floured cloth-covered surface.

Roll pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.

Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll pastry under, even with plate. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. Or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into V shape; pinch again to sharpen. Fill and bake as directed in recipe.

For Baked Pie Shell: Heat oven to 475°. Prick bottom and side thoroughly with fork. Bake 8 to 10 minutes or until light brown; cool.

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Yield:
"1 Crust"

Per serving: 189 Calories (kcal); 13g Total Fat; (61% calories from fat); 2g Protein; 16g Carbohydrate; 0mg Cholesterol; 134mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 2 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 2130706543 ■ 0 2777

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Favorite Pastry for 10-Inch Two-Crust Pie

Recipe By :
Serving Size : ■ Preparation Time :0:00
Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method
2 2/3	cups	all-purpose flour
1	teaspoon	salt
3/4	cup	plus 2 tablespoons lard
		OR
1	cup	shortening

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7 tablespoons cold water (7 to 8 tablespoons)

Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons water can be added if necessary).

Divide pastry in half and shape into 2 flattened round on lightly floured cloth-covered surface.

Roll pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.

Turn desired filling into pastry-lined pie plate. Trim overhanging edge of pastry 1/2 inch from rim of plate. Roll other round of pastry. Fold into fourths; cut slits so steam can escape.

Place over filling and unfold. Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll top edge under lower edge, pressing on rim to seal. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. Or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into V shape; pinch again to sharpen.

For Baked Pie Shell: Heat oven to 475°. Prick bottom and side thoroughly with fork. Bake 8 to 10 minutes or until light brown; cool.

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Per serving: 378 Calories (kcal); 26g Total Fat; (61% calories from fat); 4g Protein; 32g Carbohydrate; 0mg Cholesterol; 268mg Sodium
Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 5 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 2130706543 0 0 2777

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Favorite Pastry for 9-Inch One-Crust Pie

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method
1	cup	all-purpose flour
1/2	teaspoon	salt
1/3	cup	lard
		OR
1/3	cup	plus 1 tablespoon shortening
2	tablespoons	cold water (2 to 3 tablespoons)

Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until all

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flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons water can be added if necessary).

Gather pastry into ball; shape into flattened round on lightly floured cloth-covered surface.

Roll pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.

Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll pastry under, even with plate. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. Or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into V shape; pinch again to sharpen. Fill and bake as directed in recipe.

For Baked Pie Shell: Heat oven to 475°. Prick bottom and side thoroughly with fork. Bake 8 to 10 minutes or until light brown; cool.

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Yield:
"1 Crust"

Per serving: 134 Calories (kcal); 9g Total Fat; (59% calories from fat); 2g Protein; 12g Carbohydrate; 8mg Cholesterol; 134mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 2130706543 2777

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Favorite Pastry for 9-Inch Two-Crust Pie

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method
2	cups	all-purpose flour
1	teaspoon	salt
2/3	cup	lard
		OR
2/3	cup	plus 2 tablespoons shortening
4	tablespoons	cold water (4 to 5 tablespoons)

Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons water can be added if necessary).

Divide pastry in half and shape into 2 flattened round on lightly floured cloth-covered surface.

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Roll pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.

Turn desired filling into pastry-lined pie plate. Trim overhanging edge of pastry 1/2 inch from rim of plate. Roll other round of pastry. Fold into fourths; cut slits so steam can escape.

Place over filling and unfold. Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll top edge under lower edge, pressing on rim to seal. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour occasionally to prevent sticking, or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into V shape; pinch again to sharpen.

For Baked Pie Shell: Heat oven to 475°. Prick bottom and side thoroughly with fork. Bake 8 to 10 minutes or until light brown; cool.

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Yield:
"2 Crusts"

Per serving: 268 Calories (kcal); 17g Total Fat; (59% calories from fat); 3g Protein; 24g Carbohydrate; 16mg Cholesterol; 267mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 3 1/2 Fat; 0 Other Carbohydrates

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Festive Fruitcake Bars

Recipe By :
Serving Size : 36 Preparation Time :0:00
Categories : Cookies & Brownies Holiday

Amount	Measure	Ingredient -- Preparation Method
1	cup	all-purpose flour
3/4	cup	packed brown sugar
1/2	cup	margarine or butter (1 stick) -- softened
1	teaspoon	grated orange peel
1/2	teaspoon	baking soda
1/2	teaspoon	ground cinnamon
1/4	teaspoon	salt
1		egg
1/4	cup	all-purpose flour
16	ounces	fruitcake mix
■	ounces	dates -- cut up
1	cup	chopped pecans or chopped filberts
		Orange Glaze -- (recipe follows)
		ORANGE GLAZE
2	1/3 cup tablespoons	sugar orange juice

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Heat oven to 350°. Grease and flour rectangular pan, 13 x 9 x 2 inches. Mix 1 cup flour, the brown sugar, margarine, orange peel, baking soda, cinnamon, salt and egg in large bowl. Mix 1/4 cup flour, the fruitcake mix, dates and pecans; stir into brown sugar mixture. Spread in pan.

Bake about 35 minutes or until toothpick inserted in center comes out clean; cool. Drizzle with Orange Glaze. Cut into about 2 x 1/2-inch bars.

ORANGE GLAZE:

Heat sugar and juice in 1-quart saucepan over medium heat, stirring occasionally, until mixture thickens slightly.

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Yield:

"36 Bars"

T(Bake):

"0:35"

Per serving: 137 Calories (kcal); 5g Total Fat; (30% calories from fat); 1g Protein; 24g Carbohydrate; 5mg Cholesterol; 77mg Sodium
Food Exchanges: 1/2 Grain(starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 Fat; 1 Other Carbohydrates

Nutr. Assoc. : 0 0 4098 0 0 0 0 0 5922 0 20148 2130706543 0 0 0 0

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Florentines

Recipe By :
Serving Size : 54 Preparation Time :0:00
Categories : Cookies & Brownies Holiday

Amount	Measure	Ingredient -- Preparation Method
3/4	cup	whipping (heavy) cream
1/4	cup	sugar
1/2	cup	very finely chopped blanched almonds
4	ounces	candied orange peel -- very finely chopped
1/4	cup	all-purpose flour
2	(4 ounce) bars	sweet cooking chocolate
		OR
2	(4 ounce) bars	bittersweet chocolate

Heat oven to 350°. Grease and flour cookie sheet. Mix whipping cream and sugar in medium bowl until well blended. Stir in almonds, orange peel and flour. (Dough may thicken as it stands.) Drop dough by rounded teaspoonfuls about 2 inches apart onto cookie sheet. Spread to form 2-inch circles. (Dough may be sticky.)

Bake 10 to 12 minutes or until edges are light brown. Cool 2 minutes; remove from cookie sheet to wire rack.

Heat chocolate until melted. Turn cookies over; spread with chocolate. Dry several hours at room temperature until chocolate becomes firm.

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Yield:

"54 Cookies"

Per serving: 53 calories (kcal); 3g Total Fat; (53% calories from fat); 1g Protein; 6g Carbohydrate; 5mg Cholesterol; 4mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

NOTES : Want festive, professional-looking cookies? Make wavy lines with the tines of a table fork in the chocolate before it is set.

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French Bread

Recipe By :
Serving Size : 16 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
1	package	active dry yeast
1 1/4	cups	warm water (105° to 115°)
1 1/2	teaspoons	salt
1	tablespoon	shortening
3 1/2	cups	all-purpose flour (3 1/2 to 4 cups)
1	tablespoon	cornmeal
		Cold water
1		egg white
2	tablespoons	cold water

Dissolve yeast in warm water in large mixing bowl. Stir in salt, shortening and 1 1/2 cups of the flour. Beat with spoon until smooth. Mix in enough remaining flour (first with spoon, then by hand) to make dough easy to handle.

Turn dough onto lightly floured surface; knead until smooth and elastic, about 5 minutes. Place in greased bowl; turn greased side up. Cover; let rise in warm place until double, 1 1/2 to 2 hours. (Dough is ready if indentation remains when touched.)

Punch down dough; round up and let rise until almost double, about 45 minutes. Punch down; cover and let rest 15 minutes. Sprinkle with cornmeal. Roll dough into rectangle, 15 x 10 inches. Roll up tightly, beginning at 15-inch side. Pinch edge firmly to seal. Roll gently back and forth to taper ends. Place loaf on lightly greased cookie sheet. If desired, make 1/4-inch slashes across loaf at 2-inch intervals. Brush with cold water. Let rise about 1 1/2 hours. Brush with cold water.

Heat oven to 375°. Bake 20 minutes. Beat egg white and 2 tablespoons cold water slightly; brush over loaf. Bake 25 minutes longer. Remove from cookie sheet; cool on wire rack.

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approved Betty Crocker® Recipe.

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Yield:
"1 Loaf"

Per serving: 111 Calories (kcal); 1g Total Fat; (9% calories from fat); 3g Protein; 21g Carbohydrate; 0mg Cholesterol; 205mg Sodium
Food Exchanges: 1 1/2 Grain(starch); ■ Lean Meat; ■ Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Tip

Place warm water (heat only to 110° to 115°) and yeast in food processor. Cover and process, using quick on and off motions, until yeast is dissolved. Add flour, sugar and salt. Cover and process about 30 seconds or until dough forms a ball. (If dough is too sticky, add flour, 1 tablespoon at a time.) Do not knead dough. Place in greased bowl, and continue as directed.

Nutr. Assoc. : 0 1582 0 0 14 0 0 0 0

* Exported from MasterCook *

French silk Frosting

Recipe By :
Serving Size : 10 Preparation Time :0:00
Categories : Cakes Desserts

Amount	Measure	Ingredient -- Preparation Method
1/3	cup	margarine or butter -- softened
1 1/3	cups	powdered sugar
1	ounce	melted unsweetened chocolate -- (cool)
1/2	teaspoon	vanilla
1	tablespoon	milk

Beat margarine, powdered sugar, chocolate and vanilla on low speed until blended. Gradually beat in milk until fluffy.

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Yield:
"2 2/3 Cups"

Per serving: 133 Calories (kcal); 8g Total Fat; (49% calories from fat); trace Protein; 17g Carbohydrate; trace Cholesterol; 72mg Sodium
Food Exchanges: 0 Grain(starch); ■ Lean Meat; ■ Vegetable; 0 Fruit; 1 1/2 Fat; 1 Other Carbohydrates

Nutr. Assoc. : 4098 0 5387 0 0

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Recipe By :
Serving Size : 16 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
3	cups	all-purpose flour
1	tablespoon	sugar
1	teaspoon	salt
1	package	regular or quick-acting active dry yeast
1 1/4	cups	very warm water (120° to 130°)
2	tablespoons	chopped fresh parsley
2	tablespoons	shortening
1 1/2	teaspoons	chopped fresh rosemary leaves
		OR
1/2	teaspoon	dried rosemary leaves
1/2	teaspoon	chopped fresh thyme leaves
		OR
1/4	teaspoon	dried thyme leaves
		Margarine or butter -- softened

Grease loaf pan, 9 x 5 x 3 inches. Mix 2 cups of the flour, the sugar, salt and yeast in large bowl. Add warm water, parsley, shortening, rosemary and thyme. Beat on low speed 1 minute, scraping bowl frequently. Beat on medium speed 1 minute, scraping bowl frequently. Stir in remaining flour until smooth. Smooth and pat batter in pan with floured hands. Cover and let rise in warm place about 40 minutes or until double.

Heat oven to 375°. Bake 40 to 45 minutes or until loaf sounds hollow when tapped; remove from pan. Brush with margarine. Cool on wire rack.

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Yield:

"1 Loaf"

T(Let rise):

"0:40"

Per serving: 104 Calories (kcal); 2g Total Fat; (16% calories from fat); 3g Protein; 19g Carbohydrate; 0mg Cholesterol; 135mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NUTR. ASSOC. : 0 0 0 2019 5472 ■ 0 26055 0 2130706543 26058 0 2130706543 0

* Exported from MasterCook *

Fresh Herb Bread (1 1/2-Pound Recipe)«

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Bread Machine Breads

Amount	Measure	Ingredient -- Preparation Method
1	cup	plus 2 tablespoons water
2	tablespoons	margarine or butter -- softened

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			BEST OF BAKING REC
3		cups	bread flour
2		teaspoons	chopped fresh sage leaves
1		tablespoon	chopped fresh basil leaves
1		tablespoon	chopped fresh oregano leaves
2		teaspoons	chopped fresh thyme leaves
	1/4	cup	chopped fresh parsley
3		tablespoons	dry milk
2		tablespoons	sugar
1		teaspoon	salt
1	1/2	teaspoons	bread machine yeast

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/white cycle. Use medium or light crust color. Remove baked bread from pan and cool on wire rack.

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yield:

"1 Loaf"

Per serving: 161 Calories (kcal); 3g Total Fat; (17% calories from fat); 5g Protein; 28g Carbohydrate; 7mg Cholesterol; 207mg Sodium
Food Exchanges: 1 1/2 Grain(starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat;
0 Other Carbohydrates

NOTES : *we recommend using bread machines with 9-cup or larger bread pan for the 1 1/2-pound recipe.

Nutr. Assoc. | 1582 2394 0 3403 20028 26053 26058 0 0 0 0 2019

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Fresh Herb Bread (1-Pound Recipe)

Recipe By : [Sally](#)

Serving Size : 8 Preparation Time :0:00

Categories : Bread Machine

Breads

Amount	Measure	Ingredient -- Preparation Method
3/4	cup	plus 1 tablespoon water
1	tablespoon	margarine or butter -- softened
2	cups	bread flour
1	teaspoon	chopped fresh sage leaves
2	teaspoons	chopped fresh basil leaves
2	teaspoons	chopped fresh oregano leaves
1	teaspoon	chopped fresh thyme leaves
2	tablespoons	chopped fresh parsley
2	tablespoons	dry milk
1	tablespoon	sugar
3/4	teaspoon	salt
1	teaspoon	bread machine yeast

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

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Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/white cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.

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Yield:
"1 Loaf"

Per serving: 154 Calories (kcal); 3g Total Fat; (15% calories from fat); 5g Protein; 27g Carbohydrate; 6mg Cholesterol; 224mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat;
0 Other Carbohydrates

Nutr. Assoc. : 1582 2394 0 3403 20028 26053 26058 0 0 0 0 2019

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Fresh Herb-Yogurt Muffins

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
1	cup	plain yogurt
1/3	cup	olive or vegetable oil
2	tablespoons	chopped fresh basil, oregano or rosemary leaves OR
2	teaspoons	dried basil, oregano or rosemary leaves
1		egg
2	cups	all-purpose flour
2	teaspoons	baking powder
1/2	teaspoon	baking soda
1/2	teaspoon	salt

Heat oven to 400°. Grease bottoms only of 12 medium muffin cups, 2 1/2 x 1 1/4 inches, or line with paper baking cups. Beat yogurt, oil, basil and egg in large bowl. Stir in remaining ingredients just until flour is moistened. Divide batter evenly among muffin cups (cups will be about 3/4 full).

Bake 18 to 20 minutes or until golden brown. Immediately remove from pan.

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Yield:
"12 Muffins"

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Per serving: 147 Calories (kcal); 7g Total Fat; (44% calories from fat); 3g Protein; 17g Carbohydrate; 18mg Cholesterol; 237mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 986 20028 0 2130706543 0 0 0 0 0

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Fresh Mint-Chocolate Chip Cookies

Recipe By :
Serving Size : 42 Preparation Time :0:00
Categories : Cookies & Brownies

Amount	Measure	Ingredient -- Preparation Method
1 1/3	cups	sugar
3/4	cup	margarine or butter -- softened
1	tablespoon	finely chopped mint leaves*
1		egg
2	cups	all-purpose flour
1	teaspoon	baking soda
1/2	teaspoon	salt
1	(10 ounce) package	mint chocolate chips

Heat oven to 350°. Mix sugar, margarine, mint leaves and egg in large bowl. Stir in flour, baking soda and salt. Stir in chocolate chips.

Drop dough by rounded tablespoonfuls about 2 inches apart onto ungreased cookie sheet. Bake 11 to 13 minutes or until golden brown. Cool slightly; remove from cookie sheet.

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Description:

"Fresh mint is a delicious surprise in these unusually delicate cookies—perfect with a cup of tea."

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Yield:

"42 Cookies"

Per serving: 111 Calories (kcal); 5g Total Fat; (42% calories from fat); 1g Protein; 15g Carbohydrate; 4mg Cholesterol; 95mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates

NOTES : * 1/4 teaspoon mint extract can be substituted for the chopped mint leaves.

Mini Fresh Mint-Chocolate Chip Cookies: Drop dough by level teaspoonfuls onto ungreased cookie sheet. Bake 6 to 8 minutes or until golden brown. About 10 1/2 dozen cookies

Nutr. Assoc. : 0 4098 4152 0 0 0 741

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Fruit Jumbles

Recipe By :
Serving Size : 72 Preparation Time :0:00
Categories : Cookies & Brownies Holiday

Amount	Measure	Ingredient -- Preparation Method
4	cups	Holiday Cookie Mix -- (see recipe)
3/4	cup	sour cream
1	teaspoon	vanilla
2		eggs
1 1/2	cups	candied cherries -- cut in half
1 1/2	cups	chopped dates
1	cup	chopped pecans
		Pecan halves -- if desired

Heat oven to 375°. Mix Holiday Cookie Mix, sour cream, vanilla and eggs in large bowl. Stir in cherries, dates and chopped pecans. Drop dough by rounded teaspoonfuls about 2 inches apart onto ungreased cookie sheet. Place pecan half on each cookie.

Bake about 8 minutes or until almost no indentation remains when touched. Immediately remove from cookie sheet. Cool on wire rack.

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Yield:
"72 Cookies"
T(Bake):
"0:08"

Per serving: 68 calories (kcal); 3g Total Fat; (36% calories from fat); 1g Protein; 10g Carbohydrate; 6mg Cholesterol; 35mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

NOTES : Tip
A miniature spring-handled ice-cream scoop (#40) makes shaping these cookies quick work.
Nutr. Assoc. : 0 0 0 0 0 0 0

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Holiday Cookie Mix

Recipe By :
Serving Size : 0 Preparation Time :0:00
Categories : Cookies & Brownies Holiday

Amount	Measure	Ingredient -- Preparation Method
8	cups	all-purpose flour
4	cups	packed brown sugar
1	tablespoon	salt
1 1/2	teaspoons	baking soda
1 1/2	cups	shortening

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Mix flour, sugar, salt and baking soda. Cut in shortening with pastry blender or 2 knives until mixture resembles fine crumbs. Place desired amounts of mix in storage containers (plastic containers or jars or large plastic bags). Seal tightly, label and refrigerate up to 10 weeks. To measure, dip dry-ingredient measuring cup into cookie mix; level with straight-edged spatula.

15 to 16 cups cookie mix

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Description:

"This multipurpose mix makes quite a large batch, but it can be easily mixed in a large roasting pan, a plastic dishpan, the vegetable bin from your refrigerator or a 6-quart mixing bowl."

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Yield:

"16 Cups"

Per serving: 9667 Calories (kcal); 317g Total Fat; (29% calories from fat); 103g Protein; 1619g Carbohydrate; 0mg Cholesterol; 8646mg Sodium
Food Exchanges: 50 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 61 1/2 Fat;
57 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0

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Fruit swirl coffee cake

Recipe By :

Serving Size : 18 Preparation Time :0:00

Categories : Breads Cakes
 Holiday

Amount	Measure	Ingredient -- Preparation Method
1 1/2	cups	sugar
1/2	cup	margarine or butter (1 stick) -- softened
1/2	cup	shortening
1 1/2	teaspoons	baking powder
1	teaspoon	vanilla
1	teaspoon	almond extract
4		eggs
3	cups	all-purpose flour
1	(21 ounce) can	cherry, apricot or blueberry pie filling
		Glaze -- (recipe follows)
		GLAZE
1	cup	powdered sugar
1	tablespoon	milk (1 to 2 tablespoons)

Heat oven to 350°. Generously grease jelly roll pan, 15 1/2 x 10 1/2 x 1 inch. Beat sugar, margarine, shortening, baking powder, vanilla, almond extract and eggs in large bowl on low speed, scraping bowl constantly. Beat on high speed 3 minutes, scraping bowl occasionally. Stir in flour. Spread 2/3 of the batter in pan. Spread pie filling over batter. Drop remaining batter by tablespoonfuls onto pie filling.

Bake about 45 minutes. Drizzle glaze over warm coffee cake. Serve warm or

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Let stand until cool.

GLAZE:

Mix ingredients until smooth and of drizzling consistency.

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Yield:
"1 Cake"
T(Bake):
"0:45"

Per serving: 316 Calories (kcal); 12g Total Fat; (33% calories from fat); 4g Protein; 49g Carbohydrate; 42mg Cholesterol; 116mg Sodium
Food Exchanges: 1 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 2 Other Carbohydrates

NOTES : For a smaller coffee cake, substitute 1 jar (10 ounces) any flavor fruit preserves for the pie filling and cut the remaining ingredients in half. Grease a 9 x 9 x 2-inch pan instead of the jelly roll pan, and prepare as directed.

Nutr. Assoc. : 0 4098 0 0 0 2555 2130706543 0 0 0 4038

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Fruit-Filled Brownies

Recipe By :
Serving Size : 36 Preparation Time :0:00
Categories : Cookies & Brownies

Amount	Measure	Ingredient -- Preparation Method
2/3	cup	shortening
4	(1 ounce) squares	unsweetened chocolate
2	cups	sugar
4		eggs
1 1/2	cups	all-purpose flour
1	teaspoon	baking powder
1	teaspoon	salt
		Apricot or peach preserves or orange marmalade
		Quick Chocolate Frosting -- (recipe follows)
		QUICK CHOCOLATE FROSTING
1	(4 ounce) bar	sweet cooking chocolate

Heat oven to 350°. Line jelly roll pan, 15 1/2 x 10 1/2 x 1 inch, with aluminum foil; grease. Heat shortening and chocolate in 3-quart saucepan over low heat, stirring constantly, until melted. Remove from heat; beat in sugar and eggs until smooth. Stir in flour, baking powder and salt. Spread in pan.

Bake until slight indentation remains when touched, about 20 minutes; cool.

Remove brownies from pan; remove aluminum foil. Cut 1/4-inch strip from each long side of brownies; cut 3/4-inch strip from each end. Discard

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strips. Cut remaining piece crosswise into halves. Spread 1 half with preserves; top with remaining half. Spread top with Quick Chocolate Frosting. Cut into bars, about 2 x 1 inch.

QUICK CHOCOLATE FROSTING:

Heat chocolate over low heat, stirring constantly, until melted.

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Yield:
"36 Brownies"

Per serving: 135 Calories (kcal); 7g Total Fat; (45% calories from fat); 2g Protein; 18g Carbohydrate; 21mg Cholesterol; 80mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat;
1 Other Carbohydrates

NOTES : Use your favorite flavor of preserves or spreadable fruit to personalize these brownies.

TIP

Cut thoroughly cooled brownies with a plastic knife or table knife for smooth-sided bars.

Nutr. Assoc. : 0 0 0 0 0 0 0 ■ 2130706543 0 0 5195

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Fruit-Stuffed Pork Roast

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Main and Side Dishes Pork

Amount	Measure	Ingredient -- Preparation Method
1/2	teaspoon	ground cinnamon
1/4	teaspoon	ground cloves
15		dried apricot halves (about 3 ounces)
9		pitted prunes (about 3 ounces)
4	pounds	pork boneless top loin roast (double)
3/4	teaspoon	salt
1/4	teaspoon	pepper
1 1/4	cups	apple cider or juice
1	tablespoon	cornstarch
1	tablespoon	cold water

Sprinkle cinnamon and cloves over apricots and prunes; toss to coat. Stuff fruit lengthwise between the 2 pieces of pork roast in ribbon about 2 inches wide (work from both ends of roast). Sprinkle with salt and pepper.

Heat oven to 325°. Place pork, fat side up, on rack in shallow roasting pan. Insert meat thermometer so tip is in center of thickest part of pork and does not rest in fat or fruit mixture. Roast uncovered until thermometer registers 170°, about 3 hours. After 1 1/2 hours, brush occasionally with 1/4 cup of the apple cider.

Remove pork and rack from pan; keep pork warm. Pour remaining cider into roasting pan; stir to loosen brown particles. Mix cornstarch and water;

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stir into cider mixture. Heat to boiling, stirring constantly. Boil and stir 1 minute. Serve with pork.

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T(Bake):
"3:00"

Per serving: 293 Calories (kcal); 15g Total Fat; (46% calories from fat); 28g Protein; 10g Carbohydrate; 79mg Cholesterol; 194mg Sodium
Food Exchanges: 0 Grain(Starch); 4 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 Fat; 0 Other Carbohydrates

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Fruit-stuffed Trout

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Fish and Shellfish Holiday

Amount	Measure	Ingredient -- Preparation Method
4	(6 ounce)	pan-dressed rainbow trout (6 to 8 ounces each) OR
4	(12 ounce)	drawn trout
		Fruit Stuffing -- (recipe follows)
2	tablespoons	margarine or butter -- melted
1	tablespoon	lemon juice
		FRUIT STUFFING
1	cup	unseasoned croutons
1/3	cup	diced dried fruit and raisin mixture
2	tablespoons	margarine or butter -- melted
2	tablespoons	dry white wine
		OR
2	tablespoons	chicken broth
1/4	teaspoon	salt
1/8	teaspoon	ground allspice
1		green onion -- chopped

Heat oven to 425°. Grease jelly roll pan, 15 1/2 x 10 1/2 x 1 inch. Stuff fish with Fruit Stuffing. Close openings with skewers or toothpicks if necessary. Place fish in pan. Mix margarine and lemon juice; drizzle over fish.

Bake uncovered 15 to 18 minutes or until fish flakes easily with fork.

FRUIT STUFFING:

Mix all ingredients until liquid is absorbed.

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approved Betty Crocker® Recipe.

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Per serving: 412 Calories (kcal); 23g Total Fat; (51% calories from fat); 37g Protein; 12g Carbohydrate; 99mg Cholesterol; 410mg Sodium
Food Exchanges: 1/2 Grain(Starch); 5 Lean Meat; 1 Vegetable; 1/2 Fruit; 2 1/2 Fat; 0 other Carbohydrates

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2130706543 0 0 0

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Fruited Christmas Wreath

Recipe By :
Serving Size : 32 Preparation Time :0:00
Categories : Cakes Holiday

Amount	Measure	Ingredient -- Preparation Method
2	packages	active dry yeast
1/2	cup	warm water (105° to 115°)
1 1/4	cups	buttermilk
1/2	cup	granulated sugar
1/2	cup	margarine or butter -- softened
2		eggs
2	teaspoons	baking powder
2	teaspoons	salt
5 1/2	cups	all-purpose flour
1	cup	cut-up mixed candied fruit
1 1/2	cup	chopped pecans
1	tablespoon	grated lemon peel
1 1/2	cup	powdered sugar
1	tablespoon	milk

Dissolve yeast in warm water in large mixer bowl. Add buttermilk, granulated sugar, margarine, eggs, baking powder, salt and 2 1/2 cups of the flour. Beat on low speed, scraping bowl constantly, 30 seconds. Beat on medium speed, scraping bowl occasionally, 2 minutes. Stir in remaining flour, the candied fruit, pecans and lemon peel. (Dough will be soft and slightly sticky.)

Turn dough onto well-floured surface; knead until smooth and elastic, about 5 minutes. Roll into strip, 24 x 6 inches. Cut into 3 strips, 24 x 2 inches. Place close together on greased cookie sheet. Braid strips; shape into circle and pinch ends to seal. Cover; let rise in warm place until double, about 1 hour. (Dough is ready if indentation remains when touched.)

Heat oven to 375°. Bake until golden brown, about 30 minutes. Mix powdered sugar and milk; drizzle over wreath while warm. Decorate with green and red candied cherries, if desired.

1 large coffee cake (32 slices)

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Yield:
"1 Large Coffee cake"

Per serving: 154 Calories (kcal); 5g Total Fat; (27% calories from fat); 3g Protein; 25g Carbohydrate; 12mg Cholesterol; 215mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates

NOTES : For two small wreaths, divide dough after kneading into halves.
Roll each half into rectangle, 18 x 3 inches. Cut into 3 strips,
each 18 x 1 inch. Continue as directed-except bake 20 to 30
minutes. Omit powdered sugar and milk and brush with softened
margarine or butter if desired.

Nutr. Assoc. : 0 5472 0 0 4098 0 0 0 2431 0 20084 0 0

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Fudge Melt-Away Squares

Recipe By :
Serving Size : 36 Preparation Time :0:00
Categories : Cookies & Brownies Holiday

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	margarine or butter
1 1/2	squares	unsweetened chocolate
1 3/4	cups	graham cracker crumbs
1	cup	flaked coconut
1/2	cup	chopped nuts
1/4	cup	granulated sugar
2	tablespoons	water
1	teaspoon	vanilla
2	cups	powdered sugar
1/4	cup	margarine or butter -- softened
2	tablespoons	milk
1	teaspoon	vanilla
1 1/2	squares	unsweetened chocolate

Line square pan, 9 x 9 x 2 inches, with aluminum foil. Heat 1/2 cup margarine and 1 1/2 squares chocolate in 3-quart saucepan over low heat, stirring occasionally, until melted; remove from heat. Stir in graham cracker crumbs, coconut, nuts, granulated sugar, water and 1 teaspoon vanilla. Press in pan. Refrigerate.

Mix remaining ingredients except 1 1/2 squares unsweetened chocolate. Spread over refrigerated crumb mixture. Refrigerate 15 minutes.

Heat chocolate until melted. Drizzle over frosted bars. Refrigerate 2 hours or until almost hard. Remove squares, along with foil, from pan. Fold foil back to cut squares. Cover and refrigerate any remaining squares.

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Yield:
"36 Squares"

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Per serving: 118 Calories (kcal); 7g Total Fat; (53% calories from fat); 1g Protein; 13g Carbohydrate; 7mg Cholesterol; 72mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates

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Fudge Tart

Recipe By :
Serving Size : 10 Preparation Time :0:00
Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
5	ounces	bittersweet chocolate -- chopped
1/2	cup	margarine or butter (1 stick)
1 1/2	cups	sugar
3/4	cup	all-purpose flour
4		eggs -- beaten
2	ounces	Chocolate Glaze -- (recipe follows)
1	tablespoon	white chocolate (white baking bar) -- chopped
		whipping (heavy) cream
		Creamy Almond Sauce -- (recipe follows)
		CHOCOLATE GLAZE
1	ounce	unsweetened chocolate
1	teaspoon	margarine or butter
1	cup	powdered sugar
5	teaspoons	boiling water
		CREAMY ALMOND SAUCE
1/4	cup	sugar
1	tablespoon	cornstarch
1 1/2	cups	milk
2		eggs -- beaten
1/4	teaspoon	almond extract

Heat oven to 350° Grease 11-inch tart pan with removable bottom. Heat chocolate and margarine in 1-quart saucepan over low heat until melted; cool slightly. Mix sugar, flour and eggs in large bowl until well blended. Stir in chocolate mixture; pour into tart pan.

Bake 30 to 35 minutes or until edges are set. Cool completely on wire rack.

Prepare Chocolate Glaze. Reserve 2 tablespoons for plate design, if desired. Spread remaining warm glaze over tart, melt white chocolate and whipping cream; drizzle over warm glaze. Pull knife through glaze for marble effect. Let stand until glaze is set. Remove rim of pan before serving. Serve with Creamy Almond Sauce.

CHOCOLATE GLAZE:

Heat chocolate and margarine over low heat until melted. Blend in powdered sugar and water until smooth. Stir in additional boiling water, 1/2 teaspoon at a time, until of drizzling consistency.

CREAMY ALMOND SAUCE:

Mix sugar and cornstarch in 2-quart saucepan. Gradually stir in milk. Cook

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over medium heat, stirring constantly, until mixture thickens. Gradually stir at least half of the hot mixture into eggs; then stir back into hot mixture in saucepan. Boil and stir 1 minute; remove from heat. Stir in almond extract. Serve warm or chilled. Cover and refrigerate any remaining sauce.

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Yield:
"1 11-inch Tart"

Per serving: 489 Calories (kcal); 25g Total Fat; (44% calories from fat); 8g Protein; 65g Carbohydrate; 144mg Cholesterol; 154mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 5 Fat; 3 1/2 Other Carbohydrates

NOTES : Tip

You can drizzle the melted white chocolate randomly over the Chocolate Glaze, or follow a specific design.

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* Exported from MasterCook *

Fudge-Pecan Torte*

Recipe By :
Serving Size : 24 Preparation Time : 0:00
Categories : Cakes Holiday

Amount	Measure	Ingredient -- Preparation Method
1 1/2	cups	pecan shortbread cookie crumbs (about twelve 2-inch cookies)
1 1/2	cups	sugar
1	cup	margarine or butter (2 sticks)
1	cup	water
1	pound	semisweet chocolate -- cut into pieces
8		eggs
1/2	cup	all-purpose flour
1	cup	chopped pecans
		Soft Cream -- (recipe follows)
		SOFT CREAM
1	cup	whipping cream
2	tablespoons	packed brown sugar
1	tablespoon	praline liqueur, if desired OR
1	tablespoon	bourbon, if desired

Heat oven to 350°. Press cookie crumbs on bottom of ungreased springform pan 9 x 3 inches.* Bake 10 to 12 minutes or until light golden brown.

Heat sugar, margarine, water and chocolate in 3-quart saucepan over low heat, stirring constantly, until melted and smooth. Beat eggs slightly in large bowl. Gradually stir chocolate mixture into eggs. Stir in flour and pecans. Pour over crust in pan.

Bake 1 hour to 1 1/4 hours or until toothpick inserted in center comes out

clean. Cool 30 minutes. Loosen torte from side of pan with knife if necessary; remove side of pan. Cover with plastic wrap and refrigerate about 4 hours or until chilled. Serve with Soft Cream. Refrigerate any remaining torte.

SOFT CREAM:

Beat all ingredients in chilled medium bowl until soft peaks form.

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yield:

"1 Torte"

Per serving: 347 Calories (kcal); 24g Total Fat; (59% calories from fat); 4g Protein; 33g Carbohydrate; 76mg Cholesterol; 150mg Sodium
Food Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 4 Fat; 1 1/2 Other Carbohydrates

NOTES : *If springform pan does not seal tightly, wrap aluminum foil around outside bottom of pan.

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* Exported from MasterCook *

Garlic Twists

Recipe By :
Serving Size : 18 Preparation Time :0:00
Categories : Bread Machine breads

Amount	Measure	Ingredient -- Preparation Method
2	cups	bread flour
3/4	cup	water
1	tablespoon	sugar
1	teaspoon	salt
1 1/2	teaspoons	bread machine yeast
1/3	cup	margarine or butter -- melted
2	tablespoons	grated Parmesan cheese
2	cloves	garlic -- finely chopped

Measure carefully, placing all ingredients except margarine, cheese and garlic in bread machine pan in the order recommended by the manufacturer. Select Dough/Manual cycle.

Grease 2 cookie sheets. Divide dough into 18 equal pieces. Roll each piece into 14- to 16-inch rope on lightly floured surface. Bring ends together; twist 3 or 4 times. Place on cookie sheets.

Mix margarine, garlic and cheese. Brush twists generously with cheese mixture. Cover and let rise in warm place 20 to 30 minutes or until double.

Heat oven to 400°. Bake 12 to 15 minutes or until golden brown.

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Yield:

"18 Twists"

Per serving: 92 calories (kcal); 4g Total Fat; (37% calories from fat); 2g Protein; 12g Carbohydrate; trace Cholesterol; 169mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; ■ Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

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Garlic-Basil Bread (1 1/2-Pound Recipe)

Recipe By :

Serving Size : 12 Preparation Time : 0:00

Categories : Bread Machine

Breads

Amount	Measure	Ingredient -- Preparation Method
1	cup	plus 1 tablespoon water
1	tablespoon	margarine or butter -- softened
2	cloves	garlic -- finely chopped
3	cups	bread flour
2	tablespoons	dry milk
2	tablespoons	sugar
1 1/2	teaspoons	salt
1 1/2	teaspoons	dried basil leaves
2 1/4	teaspoons	bread machine yeast

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/white cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.

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Yield:

"1 Loaf"

Per serving: 150 calories (kcal); 2g Total Fat; (11% calories from fat); 5g Protein; 28g Carbohydrate; 4mg Cholesterol; 283mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; ■ Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

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Garlic-Basil Bread (1-Pound Recipe)

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Bread Machine Breads

Amount	Measure	Ingredient -- Preparation Method
3/4	cup	water
2	teaspoons	margarine or butter -- softened
1	clove	garlic -- finely chopped
2	cups	bread flour
1	tablespoon	dry milk
1	tablespoon	sugar
1	teaspoon	salt
1	teaspoon	dried basil leaves
1 1/2	teaspoons	bread machine yeast

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/White cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.

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Yield:
"1 Loaf"

Per serving: 146 Calories (kcal); 2g Total Fat; (11% calories from fat); 5g Protein; 27g Carbohydrate; 4mg Cholesterol; 282mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 2394 0 0 0 0 0 3091 2019

* Exported from MasterCook *

Garlic-Parmesan Potatoes

Recipe By :
Serving Size : 0 Preparation Time :0:00
Categories : Main and Side Dishes Potatoes

Amount	Measure	Ingredient -- Preparation Method
1	(1 1/4) pound	package refrigerated mashed potatoes (2 2/3 cups)
1	cup	sour cream
1/3	cup	grated Parmesan cheese
2	large cloves	garlic -- finely chopped

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20 frozen potato wedges with skins (from 24
ounce package)
2 tablespoons grated Parmesan cheese
Chopped fresh chives -- if desired

Heat oven to 400°. Spray quiche dish, 9 x 1 1/2 inches, with nonstick cooking spray.

Mix mashed potatoes, sour cream, 1/3 cup cheese and the garlic in quiche dish; spread evenly. Arrange potato wedges in spoke fashion with 2 wedges in center on mashed potato mixture. Sprinkle with 2 tablespoons cheese.

Bake 25 to 30 minutes or until hot. Sprinkle with chives. Cut into wedges.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"This is fancy enough for entertaining, yet so easy! You'll want to serve it to company, and it's also a great time-saving idea for holiday meals."

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Per serving: 150 Calories (kcal); 9g Total Fat; (52% calories from fat); 5g Protein; 13g Carbohydrate; 18mg Cholesterol; 273mg Sodium
Food Exchanges: 1/2 Grain(starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

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Gingerbread

Recipe By :
Serving Size : 9 **Preparation Time :** 0:00
Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
2 1/3	cups	all-purpose flour*
1/2	cup	shortening
1/3	cup	sugar
1	cup	molasses
3/4	cup	hot water
1	teaspoon	baking soda
1	teaspoon	ground ginger
1	teaspoon	ground cinnamon
3/4	teaspoon	salt
1	large	egg
4	cups	Divine Caramel sauce -- (see recipe)
		OR
1 1/4	cups	Lemon Sauce -- (see recipe), if desired

Heat oven to 325°. Grease bottom and sides of square pan, 9 x 9 x 2 inches, with shortening; lightly flour.

Beat all ingredients except Divine Caramel sauce with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on medium speed 3 minutes, scraping bowl occasionally. Pour into pan.

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Bake 50 to 55 minutes or until toothpick inserted in center comes out clean. Serve warm with Divine Caramel Sauce.

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Per serving: 2803 Calories (kcal); 154g Total Fat; (47% calories from fat); 9g Protein; 367g Carbohydrate; 311mg Cholesterol; 1338mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); ■ Lean Meat; ■ Vegetable; 0 Fruit; 30 1/2 Fat; 22 Other Carbohydrates

NOTES : For a smooth and creamy treat, add a spoonful of whipped cream cheese before topping with sauce, or serve with whipped cream and a sprinkle of cinnamon.

*Do not use self-rising flour in this recipe.
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Divine Caramel Sauce

Recipe By :
Serving Size : 9 Preparation Time :0:00
Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
2	cups	sugar
3/4	cup	stick margarine or butter*
2	cups	whipping (heavy) cream
1	cup	light corn syrup
	Pinch	salt
1	teaspoon	vanilla

Heat all ingredients except vanilla to boiling in heavy Dutch oven over medium heat, stirring constantly; reduce heat slightly. Boil about 30 minutes, stirring frequently, until sugar is dissolved and mixture is caramel colored.

stir in vanilla. Serve hot or warm. Store in refrigerator up to 2 months.

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Per serving: 594 Calories (kcal); 35g Total Fat; (50% calories from fat); 1g Protein; 74g Carbohydrate; 73mg Cholesterol; 242mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; ■ Vegetable; 0 Fruit; 7 Fat; 5 Other Carbohydrates

NOTES : *We do not recommend using vegetable oil spreads.
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Lemon Sauce

Recipe By :
Serving Size : 9 Preparation Time :0:00
Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	sugar
2	tablespoons	cornstarch
3/4	cup	water
1	tablespoon	grated lemon peel
1/4	cup	lemon juice
2	tablespoons	stick margarine or butter*

Mix sugar and cornstarch in 1-quart saucepan. Gradually stir in water. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute; remove from heat.

Stir in remaining ingredients. Serve warm or cool. Cover and refrigerate any remaining sauce.

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Yield:
"1 1/4 cups"

Per serving: 74 calories (kcal); 3g Total Fat; (29% calories from fat); trace Protein; 13g Carbohydrate; 0mg Cholesterol; 31mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

NOTES : *Spreads with at least 65% vegetable oil can be substituted.

Tip

To microwave, mix sugar and cornstarch in 4-cup microwavable measure. Gradually stir in water. Microwave uncovered on high 3 to 4 minutes, stirring every minute, until thickened and clear. Stir in remaining ingredients.

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Gingerbread Cookie Tree

Recipe By :
Serving Size : 60 Preparation Time :0:00
Categories : Cookies & Brownies Holiday

Amount	Measure	Ingredient -- Preparation Method
2	recipes	Gingerbread Cookies -- (see recipe)
4	cups	powdered sugar
1	teaspoon	vanilla
4	tablespoons	half-and-half (4 to 5 tablespoons) Assorted candies, if desired

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Prepare and refrigerate recipes individually as directed. Heat oven to 350°. Lightly grease cookie sheet.

Roll half of 1 recipe of dough at a time 1/4 inch thick on floured surface. Cut 3 cookies of each size with floured cutter or patterns. Place about 2 inches apart on cookie sheet.

Bake large cookies 12 to 14 minutes and small cookies 8 to 10 minutes or until no indentation remains when touched. Cool slightly; remove from cookie sheet. Cool completely.

Beat powdered sugar, vanilla and half-and-half until smooth and of spreading consistency. Assemble tree on serving plate or foil-covered cardboard; Starting with largest cookies, stack cookies as frosted, or stack unfrosted cookies together with small dab of frosting in center of each. Let layers dry or hold cookies in place with bamboo skewers if necessary. Use remaining frosting to pipe "snow" on the tree with decorating bag. Decorate with assorted candies.

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Yield:

"1 Cookie Tree"

Per serving: 297 Calories (kcal); 3g Total Fat; (9% calories from fat); 3g Protein; 65g Carbohydrate; 1mg Cholesterol; 167mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 3 Other Carbohydrates

NOTES : This "tree" is an edible centerpiece that can be made from stars, hearts, fluted circles or rings. Ten cutters, ranging from 2 to 3 3/4 inches (increasing by 3/4 inch from one size to the next) are required. Nested cookie-cutter sets are available in specialty shops, but homemade patterns work just as well.

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Gingerbread Cookies

Recipe By :
Serving Size : 30 Preparation Time :0:00
Categories : Chapter 6 Rolling in Dough

Amount	Measure	Ingredient -- Preparation Method
1	cup	packed brown sugar
1/3	cup	shortening
1 1/2	cups	dark molasses
2/3	cup	cold water
7	cups	all-purpose flour
2	teaspoons	baking soda
2	teaspoons	ground ginger
1	teaspoon	salt
1	teaspoon	ground allspice
1	teaspoon	ground cloves
1	teaspoon	ground cinnamon
		Creamy White Frosting -- (recipe follows)

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4 cups CREAMY WHITE FROSTING
1 teaspoon powdered sugar
5 tablespoons vanilla
Food color, if desired

Beat brown sugar, shortening, molasses and water in very large bowl with electric mixer on medium speed, or mix with spoon. Stir in remaining ingredients except Creamy White Frosting. Cover and refrigerate about 2 hours or until firm.

Heat oven to 350°. Lightly grease cookie sheet. Roll one-fourth of dough at a time 1/4 inch thick on lightly floured surface. Cut with floured gingerbread cookie cutter or other favorite shaped cutter. Place about 2 inches apart on cookie sheet. Bake 10 to 12 minutes or until almost no indentation remains when touched in center. Remove from cookie sheet to wire rack. Cool completely. Frost with Creamy White Frosting.

CREAMY WHITE FROSTING:

Mix all ingredients until smooth and spreadable.

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You may notice that the nutritional information calculated by MasterCook is different from the nutritional information listed in the Betty Crocker® cookbooks. Because MasterCook and Betty Crocker® use different nutritional analysis programs and different nutrient databases, variations in results are expected.

Description:

"A large gingerbread cookie all decked out in holiday finery made of frosting and candy sprinkles makes a great tie-on for a gift or a wonderful stocking stuffer."

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Yield:

"1 recipe"

T(chill):

"2:00"

Per serving: 264 Calories (kcal); 3g Total Fat; (9% calories from fat); 3g Protein; 57g Carbohydrate; 1mg Cholesterol; 166mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 2 1/2 Other Carbohydrates

NOTES : Cookie Tips

Did you know that a few unfrosted crumbled gingerbread or other

ginger cookies make an excellent thickener for pot roast gravy?

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Gingered Pear Bread

Recipe By :
Serving Size : 48 Preparation Time :0:00
Categories : Breads

Holiday

Amount Measure Ingredient -- Preparation Method
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3	cups	chopped unpeeled pears (about 3 medium)
1 1/4	cups	sugar
1 1/2	cup	vegetable oil
1	tablespoon	finely chopped gingerroot
3		eggs
3	cups	all-purpose flour
3 1/2	teaspoons	baking powder
1	teaspoon	salt

Heat oven to 350°. Grease bottoms only of 2 loaf pans, 8 1/2 x 4 1/2 x 2 1/2 inches or 9 x 5 x 3 inches. Mix pears, sugar, oil, gingerroot and eggs in large bowl. Stir in remaining ingredients. Pour into pans.

Bake 8-inch loaves about 65 minutes, 9-inch loaves about 50 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaves from pans; remove from pans. Cool completely on wire rack before slicing. Store tightly wrapped in refrigerator up to 1 week.

2 loaves (24 slices each)

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Yield:
"2 Loaves"

Per serving: 79 calories (kcal); 3g Total Fat; (29% calories from fat); 1g Protein; 13g Carbohydrate; 12mg Cholesterol; 84mg Sodium
Food Exchanges: 1/2 Grain(starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

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Glaze for Holiday Honey Cookies

Recipe By :
Serving Size : 42 Preparation Time :0:00
Categories : Baking with Kids Cookies & Brownies
 Holiday

Amount	Measure	Ingredient -- Preparation Method
2	cups	powdered sugar
1/4	teaspoon	almond extract
2	tablespoons	water
2	teaspoons	water (2 to 4 teaspoons)

Mix in medium bowl with wooden spoon until smooth:

2 cups powdered sugar
1/4 teaspoon almond extract
2 tablespoons water

Stir in, 1 teaspoon at a time, until spreadable:
2 to 4 teaspoons water

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Yield:
"2/3 cup"

Per serving: 22 calories (kcal); trace Total Fat; (0% calories from fat); 0g Protein; 6g Carbohydrate; 0mg Cholesterol; trace Sodium
Food Exchanges: 0 Grain(Starch); ■ Lean Meat; ■ Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates

NOTES : Utensils You Will Need
Medium bowl • Dry-ingredient measuring cup • Measuring spoons •
Wooden spoon
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Glazed Acorn Squash

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Main and Side Dishes Vegetables

Amount	Measure	Ingredient -- Preparation Method
2		acorn squash (1 to 1 1/2 pounds each)
4	tablespoons	maple-flavored syrup
4	tablespoons	whipping (heavy) cream
		OR
4	tablespoons	margarine or butter

Heat oven to 350°.

Cut each squash lengthwise in half; remove seeds and fibers. Place squash, cut sides up, in ungreased pan. Spoon 1 tablespoon syrup and 1 tablespoon whipping cream into each half. Bake uncovered about 1 hour or until tender.

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T(Bake):
"1:00"

Per serving: 189 calories (kcal); 6g Total Fat; (25% calories from fat); 2g Protein; 36g Carbohydrate; 20mg Cholesterol; 14mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1 Other Carbohydrates

NOTES : Lighter Glazed Acorn Squash: For less fat and fewer calories, omit whipping cream.

Apple-Stuffed Acorn Squash: Bake squash 30 minutes. Mix 1 large tart red apple, diced, 2 tablespoons chopped nuts, 2 tablespoons

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packed brown sugar and 1 tablespoon margarine or butter, melted.
Spoon apple mixture into squash halves. Bake about 30 minutes
longer or until tender.

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Glazed Baked Ham

Recipe By :
Serving Size : 10 Preparation Time :0:00
Categories : Main and Side Dishes

Pork

Amount	Measure	Ingredient -- Preparation Method
1/4	cup	packed brown sugar
1/4	teaspoon	ground cloves
1/4	teaspoon	ground cinnamon
1	(6 ounce) can	frozen orange juice concentrate -- thawed
5	pounds	fully cooked smoked ham (5 to 7 pounds) whole cloves, if desired
		Raisin Sauce -- (recipe follows)
		RAISIN SAUCE
2	cups	apple cider or juice
3	tablespoons	cornstarch
1	cup	raisins
2	tablespoons	margarine or butter

Heat oven to 325°. Mix brown sugar, cloves, cinnamon and orange juice concentrate. Place ham, fat side up, on rack in shallow roasting pan. Insert meat thermometer so tip is in thickest part of ham and does not touch bone or rest in fat. Spoon or spread half of the juice mixture onto ham. Roast uncovered until meat thermometer registers 135°, 1 1/2 to 2 hours.

About 30 minutes before ham is done, remove from oven; pour droppings from pan. Cut fat surface of ham in uniform diamond pattern 1/4 inch deep. Insert whole clove in each diamond, if desired. Spoon or spread remaining juice mixture on ham; continue baking 30 minutes. Remove from oven. Cover and let stand 10 minutes. Serve with Raisin Sauce.

RAISIN SAUCE:

Gradually stir apple cider into cornstarch in 1-quart saucepan. Add raisins and margarine. Heat over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Serve warm.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Per serving: 557 Calories (kcal); 26g Total Fat; (42% calories from fat); 41g Protein; 38g Carbohydrate; 129mg Cholesterol; 3022mg Sodium
Food Exchanges: 0 Grain(Starch); 6 Lean Meat; ■ Vegetable; 1 1/2 Fruit; 2 Fat;
1/2 Other Carbohydrates

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Glazed cinnamon rolls

Recipe By : [Brenda](#) Serving Size : 9 Preparation Time :0:00
Categories : [Bread Machine](#) [Breakfast](#) [Breads](#)

Amount	Measure	Ingredient -- Preparation Method
2 1/2	cups	bread flour
1/4	cup	sugar
3/4	cup	plus 2 tablespoons water
2	tablespoons	margarine or butter -- softened
1	teaspoon	salt
1	teaspoon	bread machine yeast
2	tablespoons	Cinnamon Filling -- (recipe follows)
		margarine or butter -- softened
		Vanilla Glaze -- (recipe follows)
		CINNAMON FILLING
1/3	cup	sugar
2	teaspoons	ground cinnamon
		VANILLA GLAZE
1	cup	powdered sugar
1/2	teaspoon	vanilla
1	tablespoon	milk (1 to 2 tablespoons)

Measure carefully, placing all ingredients except Cinnamon Filling, 2 tablespoons margarine and Vanilla Glaze in bread machine pan in the order recommended by the manufacturer. Select Dough/Manual cycle.

Grease square pan, 9 x 9 x 2 inches. Prepare Cinnamon Filling. Flatten dough with hands or rolling pin into 9-inch square on lightly floured surface. Spread with 2 tablespoons margarine; sprinkle with Cinnamon Filling. Roll dough up tightly; pinch edge of dough into roll to seal. Cut roll into 1-inch slices. Place in pan. Cover and let rise in warm place 1 to 1 1/4 hours or until double.

Heat oven to 375°. Bake 25 to 30 minutes or until golden brown. Remove from pan to wire rack. Drizzle vanilla Glaze over warm rolls. Serve warm.

CINNAMON FILLING:

Mix ingredients.

VANILLA GLAZE:

Mix all ingredients until smooth and thin enough to drizzle.

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Description:

"These cinnamon rolls are easy to whip together, perfect for any breakfast or brunch."

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yield:

"9 Rolls"

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Per serving: 289 Calories (kcal); 6g Total Fat; (17% calories from fat); 5g Protein; 55g Carbohydrate; trace Cholesterol; 299mg Sodium
Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 1 Fat; 2 Other Carbohydrates

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Glazed Cinnamon-Raisin Batter Bread

Recipe By :
Serving Size : 16 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
3 1/2	cups	all-purpose flour (3 1/2 to 3 1/4 cups)
2	tablespoons	sugar
1	teaspoon	ground cinnamon
1/2	teaspoon	salt
1	package	regular or quick-acting active dry yeast
1 1/2	cups	very warm water (120° to 130°)
2	tablespoons	margarine or butter -- softened
3/4	cup	raisins
		Glaze -- (recipe follows)
		GLAZE
1/2	cup	powdered sugar
1/4	teaspoon	vanilla
2	teaspoons	milk (2 to 2 1/2 teaspoons)

Generously grease loaf pan, 8 1/2 x 4 1/2 x 2 1/2 inches or 9 x 5 x 3 inches. Mix 2 cups of the flour, the sugar, cinnamon, salt and yeast in large bowl. Add warm water and margarine. Beat on low speed until moistened. Beat on medium speed 3 minutes, scraping bowl occasionally. Stir in raisins and enough remaining flour to make a stiff batter. Smooth and pat batter in pan with floured hands. Cover and let rise in warm place about 30 minutes or until batter is about 1/2 inch above top of 8-inch pan or about 1/2 inch below top of 9-inch pan.

Place oven rack in lowest position. Heat oven to 375°. Bake 45 to 50 minutes or until loaf is golden brown and sounds hollow when tapped; remove from pan. Cool completely on wire rack before slicing. Drizzle with Glaze.

GLAZE:

Mix all ingredients until smooth and of drizzling consistency.

1 loaf (16 slices)

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"Cinnamon-raisin bread is an all-time favorite. You'll love this recipe because it's easier and faster to make than ever!"

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Yield:

"1 Loaf"

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Per serving: 155 Calories (kcal); 2g Total Fat; (10% calories from fat); 3g Protein; 32g Carbohydrate; trace Cholesterol; 86mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

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* Exported from MasterCook *

Granola-Yogurt Bread

Recipe By :
Serving Size : 32 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
2	packages	active dry yeast
1/2	cup	warm water (105° to 115°)
2	teaspoons	sugar
1	cup	warm water
1	(8 ounce) carton	plain yogurt
1	tablespoon	salt
5	cups	all-purpose flour (5 to 5 1/2 cups)
2	cups	granola (any flavor) Margarine or butter -- softened

Dissolve yeast in 1/2 cup warm water. Stir in sugar. Let stand until bubbly and double in volume, about 10 minutes. Mix 1 cup warm water, the yogurt and salt in large mixer bowl. Stir in yeast mixture. Beat in 3 cups of the flour on medium speed, scraping bowl occasionally, 2 minutes. Mix in granola and enough remaining flour to make dough easy to handle.

Turn dough onto lightly floured surface; knead until smooth and elastic, about 10 minutes. Place in greased bowl; turn greased side up. Cover; let rise in warm place until double, about 1 hour. (Dough is ready if indentation remains when touched.)

Punch down dough; divide into halves. Shape each half into oval; place on lightly greased cookie sheet. Brush with margarine. Let rise until double, about 40 minutes.

Heat oven to 375°. Bake until loaves are golden brown and sound hollow when tapped, 30 to 35 minutes. Remove from cookie sheet. Brush with margarine; cool on wire rack.

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Yield:
"2 Loaves"

Per serving: 115 Calories (kcal); 3g Total Fat; (19% calories from fat); 3g Protein; 20g Carbohydrate; 1mg Cholesterol; 205mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

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* Exported from MasterCook *

Ham and Egg Bake

Recipe By :

Serving Size : 8 Preparation Time :0:00

Categories : Main and Side Dishes

Pork

Amount	Measure	Ingredient --- Preparation Method
6	cups	frozen (not thawed) hash brown potatoes
2	cups	diced, fully cooked smoked ham
2	cups	shredded swiss cheese (8 ounces)
1	(7 ounce) jar	roasted red bell peppers -- drained and chopped
1	(4 1/2 ounce) jar	sliced mushrooms (1 jar) -- drained
6	large	eggs
1/3	cup	milk
1	cup	small curd, creamed cottage cheese
1/4	teaspoon	pepper

Heat oven to 350°. Grease rectangular baking dish, 13 x 9 x 2 inches, with shortening. Sprinkle 3 cups of the potatoes evenly in baking dish. Layer with ham, swiss cheese, bell peppers and mushrooms. Sprinkle remaining potatoes over mushrooms.

Beat eggs, milk, cottage cheese, and pepper with fork or wire whisk until blended. Pour egg mixture over potatoes.

Bake uncovered 45 to 50 minutes or until light golden brown and set in center.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"This is a perfect dish to make ahead. Just cover and refrigerate no longer than 24 hours; increase bake time to 55 to 60 minutes."

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Per serving: 390 Calories (kcal); 17g Total Fat; (39% calories from fat); 25g Protein; 34g Carbohydrate; 191mg Cholesterol; 774mg Sodium
Food Exchanges: 2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

NOTES : Tip

For less fat and fewer calories per serving, use extra-lean ham and reduced-fat swiss cheese. Substitute 1 1/2 cups fat-free cholesterol-free egg product for the eggs.

Nutr. Assoc. : 26496 2819 26154 4752 2461 ■ ■ 2962 ■

* Exported from MasterCook *

Ham and Swiss Casserole

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories : Casseroles

Main and Side Dishes

Pork

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Amount	Measure	Ingredient -- Preparation Method
1	tablespoon	margarine
2	tablespoons	all-purpose flour
1 1/4	cups	skim milk
2	cups	cooked brown rice
		OR
2	cups	cooked white rice
1 1/4	cups	cut-up fully cooked smoked reduced-fat ham (about 10 ounces)
1	cup	shredded reduced-fat swiss cheese (4 ounces)
1/4	cup	chopped fresh parsley
1/2	teaspoon	dried marjoram leaves
1	(4 ounce) can	mushroom stems and pieces -- drained

Heat oven to 350°. Spray 2-quart casserole with nonstick cooking spray. Melt margarine in 3-quart saucepan over low heat. Cook flour in margarine, stirring constantly, until thickened; remove from heat.

Stir milk into flour mixture. Heat to boiling, stirring constantly with wire whisk. Boil and stir 1 minute. Stir in remaining ingredients. Spoon into casserole. Bake uncovered 30 to 35 minutes or until hot and bubbly.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"when it's a chilly night and time for comfort food, this flavorful, creamy casserole really fills the bill."

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Per serving: 290 calories (kcal); 7g Total Fat; (23% calories from fat); 22g Protein; 33g Carbohydrate; 31mg Cholesterol; 873mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit;
1/2 Fat; 0 Other Carbohydrates

NOTES : If no-salt-added mushrooms are available in your area, use them to reduce sodium even further.

Nutr. Assoc. : 0 0 0 2801 0 2130706543 3886 26151 0 3128 2461

* Exported from MasterCook *

Harvest Bean Casserole

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : casseroles Main and Side Dishes

Amount	Measure	Ingredient -- Preparation Method
1	pound	bulk turkey breakfast sausage
		OR
1	pound	bulk pork breakfast sausage
1	(28 ounce) can	baked beans
2		baking apples -- thinly sliced
1	(18 ounce) can	vacuum-packed sweet potatoes
3	medium	green onions -- sliced (1/3 cup)

Heat oven to 375°.

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Cook sausage in 10-inch skillet over medium heat 8 to 10 minutes, stirring occasionally, until no longer pink; drain.

Place sausage in ungreased rectangular baking dish, 11x 7 x 1 1/2 inches. Stir in baked beans. Arrange apple slices over sausage mixture. Slice sweet potatoes over apples.

Cover and bake 30 to 35 minutes or until apples are tender. Sprinkle with onions.

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Per serving: 455 Calories (kcal); 16g Total Fat; (29% calories from fat); 20g Protein; 63g Carbohydrate; 60mg Cholesterol; 1069mg Sodium
Food Exchanges: 4 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates

NOTES : Use either spicy or regular sausage—whichever suits your household—for this hearty casserole.
Nutr. Assoc. : 900579 0 2130706543 2128 2068 5216 0

* Exported from MasterCook *

Harvest Loaf (1 1/2-Pound Recipe)

Recipe By : **Shirley** Serving Size : 12 Preparation Time : 0:00
Categories : Bread Machine Yields : 12 breads

Amount	Measure	Ingredient -- Preparation Method
1	cup	plus 2 tablespoons water
1	tablespoon	margarine or butter -- softened
3	cups	bread flour
1/4	cup	dehydrated soup greens
2	tablespoons	dry milk
2	tablespoons	sugar
1 1/2	teaspoons	salt
1/4	teaspoon	garlic powder
2	teaspoons	bread machine yeast

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/white cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.

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Yield:
"1 loaf"

Per serving: 154 Calories (kcal); 2g Total Fat; (11% calories from fat); 5g Protein; 29g Carbohydrate; 2mg Cholesterol; 346mg Sodium
Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : Dehydrated soup greens can be found in jars in the spice section of your supermarket.

Nutr. Assoc. : 1582 4098 0 5938 0 0 0 0 2019

* Exported from MasterCook *

Harvest Loaf (1-Pound Recipe)

Recipe By : [Brenda](#) Serving Size : 8 Preparation Time :0:00
Categories : Bread Machine Breads

Amount	Measure	Ingredient -- Preparation Method
3/4	cup	water
2	teaspoons	margarine or butter -- softened
2	cups	bread flour
2	tablespoons	dehydrated soup greens
1	tablespoon	dry milk
1	tablespoon	sugar
1	teaspoon	salt
1/8	teaspoon	garlic powder
1 1/2	teaspoons	bread machine yeast

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/White cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.

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yield:

"1 Loaf"

Per serving: 149 calories (kcal); 2g Total Fat; (11% calories from fat); 5g Protein; 28g Carbohydrate; 1mg Cholesterol; 329mg Sodium
Food Exchanges: 2 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Dehydrated soup greens can be found in jars in the spice section of your supermarket.

Nutr. Assoc. : 0 4098 0 5938 ■ ■ 0 0 2019

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Hazelnut-Chocolate Torte

Recipe By :
Serving Size : 16 Preparation Time :0:00
Categories : Cakes

Amount	Measure	Ingredient -- Preparation Method
6		eggs -- separated
1	tablespoon	grated orange peel
3/4	teaspoon	ground cinnamon
1/2	cup	granulated sugar
1	teaspoon	cream of tartar
1/2	cup	granulated sugar
3	cups	very finely ground hazelnuts (filberts)
1/2	cup	all-purpose flour
		Chocolate Butter Frosting -- (recipe follows)
1	cup	whipping (heavy) cream
1/2	cup	powdered sugar
1/4	cup	cocoa
2	teaspoons	grated orange peel
1/2	cup	finely chopped hazelnuts (filberts)
		CHOCOLATE BUTTER FROSTING
1/2	cup	margarine or butter (1 stick) -- softened
3	ounces	unsweetened chocolate -- melted and cooled
		OR
1/2	cup	cocoa
3	cups	powdered sugar
3	tablespoons	milk (about)
1	tablespoon	brandy, if desired
2	teaspoons	vanilla

Heat oven to 325°. Grease bottom only of springform pan, 9 x 3 inches. Line bottom with waxed paper; grease generously. Beat egg yolks, 1 tablespoon orange peel and the cinnamon in small bowl on high speed about 11 minutes or until very thick and light colored. Gradually beat in 1/2 cup granulated sugar, 1 tablespoon at a time; reserve. Wash beaters.

Beat egg whites and cream of tartar in large bowl on high speed until soft peaks form. Gradually beat in 1/2 cup granulated sugar, 1 tablespoon at a time; continue beating until stiff peaks form. Fold egg yolk mixture into meringue.

Mix 3 cups ground hazelnuts and the flour. Sprinkle about one-third of the hazelnut mixture over meringue; fold in. Repeat twice with remaining hazelnut mixture. Spread in pan. Bake 55 to 60 minutes or until toothpick inserted in center comes out clean. Cool in pan on wire rack 15 minutes. Loosen side of cake from pan with metal spatula. Carefully remove side of pan. Invert cake onto wire rack; remove bottom of pan. Turn cake right side up. Cool cake completely. Wrap tightly and refrigerate at least 4 hours.

Prepare Chocolate Butter Frosting; reserve 1 cup for decorating. Beat whipping cream, powdered sugar and cocoa in chilled small bowl until stiff. Fold in 2 teaspoons orange peel. Carefully split cake horizontally to make 3 layers. (To split, mark side of cake with toothpicks and cut with long, thin straight-edged knife.) Spread 1 layer with half of the whipped cream mixture. Top with second layer; spread with remaining whipped cream mixture. Top with remaining layer. Frost side and top of torte with Chocolate Butter Frosting. Press chopped hazelnuts around side.

Place reserved 1 cup frosting in decorating bag with large open star tip (#4B). Or place frosting in strong plastic bag; cut off a tip from one corner of bag. Pipe rosettes on top of cake. Garnish with whole hazelnuts if desired. Refrigerate at least 8 hours. Cut with sharp, straight-edged knife. Refrigerate any remaining torte.

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CHOCOLATE BUTTER FROSTING:

Mix margarine and chocolate in large bowl. Beat in remaining ingredients until mixture is smooth and of spreading consistency.

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Yield:
"1 Torte"

Per serving: 440 Calories (kcal); 27g Total Fat; (53% calories from fat); 6g Protein; 48g Carbohydrate; 91mg Cholesterol; 97mg Sodium
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 5 Fat; 2 1/2 Other Carbohydrates

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2130706543 0 4038 2330 ■

* Exported from MasterCook *

Heart Cake

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Baking with Kids Cakes
 Holiday

Amount	Measure	Ingredient -- Preparation Method
		Shortening
		All-purpose flour
1	(18 1/4 ounce) package	white or sour cream white cake mix with pudding
1	(7 1/4 ounce) package	fluffy white frosting mix Few drops of red food color Red candies or red sugar

Heat oven to 350°.

Grease round and square pans with:
Shortening

Put small amount in pans and shake to coat, then pour out any extra:
All-purpose flour

Make and bake as directed on package for 8-inch round pan, dividing batter between round and square pans:

1 package (1 lb 2.25 oz) white or sour cream white cake mix with pudding

Adult help: Cool cakes in pan 10 minutes, then remove from pans to wire rack. Cool completely.

Cut round cake in half, as shown in drawing. Put square cake on tray with one point toward you. Put cut side of each half of round cake against one of the top sides of square cake, as shown in drawing, to make a heart.

Make as directed on package with electric mixer:

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1 package (7.2 oz) fluffy white frosting mix

Beat into frosting to tint pink:
Few drops of red food color

Frost cake with frosting. Be sure to cover top of cake well, especially over the cut sections.

Decorate cake with:
Red candies or red sugar

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Yield:
"1 Cake"

Per serving: 247 Calories (kcal); 5g Total Fat; (16% calories from fat); 2g Protein; 50g Carbohydrate; 0mg Cholesterol; 326mg Sodium
Food Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Vegetable; 1 Fruit; 1 Fat; 3 1/2 Other Carbohydrates

NOTES : Utensils You Will Need

Round pan, 8 x 1 1/2 inches • Square pan, 8 x 8 x 2 inches •
Pastry brush • Liquid measuring cup • Large Bowl • Electric mixer
• Pot holders • Wire cooling racks • Large tray or covered
cardboard, 18 x 15 inches • Sharp knife

Nutr. Assoc. : 0 0 5517 5537 0 0

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Hearty Shepherd's Pie

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Main and Side Dishes

Amount	Measure	Ingredient -- Preparation Method
1/2	pound	extra-lean ground beef
1	large	onion -- chopped (about 1 cup)
1	clove	garlic -- finely chopped
1 (about 3 cups)	medium	eggplant (about 12 ounces) -- cut into 1/2-inch cubes
1	(16 ounce) package	frozen broccoli, cauliflower and carrots
1 drained	(15 ounce) can	great northern beans (15 to 16 ounces) -- rinsed and drained
1	(14 1/2 ounce) can	no-salt-added whole tomatoes -- undrained
2	teaspoons	Italian seasoning
1/2	teaspoon	salt
1/4	teaspoon	pepper
2	tablespoons	water
2	tablespoons	all-purpose flour
4	cups	hot mashed potatoes

Heat oven to 350°. Spray rectangular baking dish, 13 x 9 x 2 inches, with nonstick cooking spray. Cook ground beef, onion and garlic in 12-inch nonstick skillet over medium heat, stirring occasionally, until beef is brown and onion is tender; drain. Stir in remaining ingredients except water, flour and potatoes, breaking up tomatoes. Heat to boiling; reduce heat. Simmer uncovered 15 minutes, stirring occasionally.

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Shake water and flour in tightly covered container; stir into beef mixture. Spoon beef mixture into baking dish. Spoon potatoes evenly over beef mixture; spread to edges of dish. Bake uncovered about 30 minutes or until heated through. Let stand 5 minutes before serving.

6 to 8 servings

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Description:

"Eggplant adds a new twist to this updated favorite."

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T(Bake):

"0:30"

Per serving: 250 Calories (kcal); 6g Total Fat; (21% calories from fat); 14g Protein; 36g Carbohydrate; 20mg Cholesterol; 417mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 2 Vegetable; 0 Fruit; 1/2 Fat;
0 Other Carbohydrates

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* Exported from MasterCook *

Herb Buns

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
1	package	active dry yeast
1	cup	warm water (105° to 115°)
1	teaspoon	caraway seed
1/2	teaspoon	dried sage leaves
1/4	teaspoon	ground nutmeg
2	tablespoons	sugar
1	teaspoon	salt
1		egg
2	tablespoons	shortening
2 1/4	cups	all-purpose flour*

Dissolve yeast in warm water in large mixing bowl. Add caraway seed, sage and nutmeg. Stir in sugar, salt, egg, shortening and 1 cup of the flour. Beat until smooth. Stir in remaining flour until smooth. Scrape batter from side of bowl. Cover; let rise in warm place until double, about 30 minutes.

Stir down batter by beating about 25 strokes. Spoon into 12 greased muffin cups, 2 1/2 x 1 1/4 inches, filling each about half full. Let rise until batter reaches top of cups, 20 to 30 minutes.

Heat oven to 400°. Bake 15 minutes.

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Yield:

"12 Rolls"

Per serving: 120 Calories (kcal); 3g Total Fat; (21% calories from fat); 3g Protein; 20g Carbohydrate; 16mg Cholesterol; 184mg Sodium
Food Exchanges: 1 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : * If using self-rising flour, omit salt.

Sour Cream-Chive Buns: Decrease warm water to 1/4 cup. Omit caraway seed, sage and nutmeg. Mix 3/4 cup dairy sour cream, the sugar, salt and shortening. Heat just to boiling; cool to lukewarm. Stir sour cream mixture and half of the flour into yeast. Beat until smooth. Mix in remaining flour, the egg and 1 tablespoon plus 1 1/2 teaspoons snipped chives.

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* Exported from MasterCook *

Herbed Vegetable Bake

Recipe By :

Serving Size : 12 Preparation Time :0:00

Categories : Main and Side Dishes Vegetarian

Amount	Measure	Ingredient -- Preparation Method
1	pound	broccoli (1 small bunch) -- cut into flowerets and
1-inch pieces		
1 1/4	pounds	cauliflower (1 small head) -- cut into flowerets
5		carrots (5 to 6, about 1 pound) -- cut diagonally into
1/4 inch slices		
1/3	cup	margarine or butter -- melted
		Salt and pepper
1	tablespoon	chopped fresh basil leaves
		OR
1	teaspoon	dried basil leaves
1	tablespoon	chopped fresh tarragon leaves
		OR
1	teaspoon	dried tarragon leaves
2	cloves	garlic -- finely chopped
2	small	onions -- thinly sliced and separated into rings

Heat oven to 400°. Arrange broccoli along one long side of ungreased rectangular baking dish, 13 x 9 x 2 inches. Arrange cauliflower along other side of dish. Arrange carrots down center between broccoli and cauliflower. Drizzle with margarine. Sprinkle with salt, pepper, basil, tarragon and garlic. Arrange onions evenly over top.

Cover with aluminum foil and bake about 30 minutes or until vegetables are crisp-tender.

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T(Bake):

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"0:30"

Per serving: 84 calories (kcal); 5g Total Fat; (52% calories from fat); 2g Protein; 9g Carbohydrate; 0mg Cholesterol; 91mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

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* Exported from MasterCook *

Holiday Almond Braid

Recipe By :
Serving Size : 32 Preparation Time :0:00
Categories : Cakes Holiday

Amount	Measure	Ingredient -- Preparation Method
5	cups	all-purpose flour (5 to 5 1/2 cups)
1/2	cup	sugar
1	teaspoon	salt
2	packages	regular or quick-acting active dry yeast
1/3	cup	margarine or butter
3/4	cup	milk
1/2	cup	water
2		eggs
1	cup	slivered almonds -- toasted
2 1/2	teaspoons	grated lemon peel
1/4	teaspoon	ground mace or nutmeg (1/4 to 1/2 teaspoons)
		Glaze -- (recipe follows)
		GLAZE
1/2	cup	powdered sugar
	dash	ground mace or nutmeg
3	teaspoons	lemon juice (3 to 4 teaspoons)

Mix 1 1/2 cups of the flour, the sugar, salt and undissolved yeast in large bowl. Cut margarine into small pieces. Heat margarine, milk and water until warm (105 to 115°); stir into yeast mixture. Stir in eggs, almonds, lemon peel, mace and enough remaining flour to make a soft dough. Grease top of dough. Cover tightly with plastic wrap and refrigerate at least 2 hours but no longer than 24 hours.

Lightly grease cookie sheet. Punch down dough. Divide into 4 equal parts. Roll 3 parts into 14-inch ropes. Place ropes close together on cookie sheet. Braid ropes loosely. Pinch ends together to seal. Divide remaining dough into 3 pieces. Roll each piece into 12-inch rope. Place ropes close together. Braid ropes; place on top large braid. Cover and let rise in warm place 30 to 50 minutes or until double. (Dough is ready if indentation remains when touched.)

Heat oven to 350°. Bake 40 to 50 minutes or until deep golden brown. Remove from cookie sheet to wire rack. Brush Glaze over warm braid.

1 loaf (32 slices)

GLAZE:

Mix all ingredients until smooth.

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Yield:

"1 Loaf"

Per serving: 143 calories (kcal); 5g Total Fat; (30% calories from fat); 4g Protein; 21g Carbohydrate; 12mg Cholesterol; 96mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; ■ Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates

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* Exported from MasterCook *

Holiday Cookie Mix

Recipe By :

Serving Size : 0 Preparation Time :0:00

Categories : Cookies & Brownies Holiday

Amount	Measure	Ingredient -- Preparation Method
8	cups	all-purpose flour
4	cups	packed brown sugar
1	tablespoon	salt
1 1/2	teaspoons	baking soda
1 1/2	cups	shortening

Mix flour, sugar, salt and baking soda. Cut in shortening with pastry blender or 2 knives until mixture resembles fine crumbs. Place desired amounts of mix in storage containers (plastic containers or jars or large plastic bags). Seal tightly, label and refrigerate up to 10 weeks. To measure, dip dry-ingredient measuring cup into cookie mix; level with straight-edged spatula.

15 to 16 cups cookie mix

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"This multipurpose mix makes quite a large batch, but it can be easily mixed in a large roasting pan, a plastic dishpan, the vegetable bin from your refrigerator or a 6-quart mixing bowl."

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Yield:

"16 Cups"

Per serving: 9667 calories (kcal); 317g Total Fat; (29% calories from fat); 103g Protein; 1619g Carbohydrate; 0mg Cholesterol; 8646mg Sodium
Food Exchanges: 50 Grain(Starch); 0 Lean Meat; ■ Vegetable; 0 Fruit; 61 1/2 Fat;
57 Other Carbohydrates

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* Exported from MasterCook *

Holiday Honey Cookies

Recipe By :
Serving Size : 42 Preparation Time : 0:00
Categories : Baking with Kids Cookies & Brownies
 Holiday

Amount	Measure	Ingredient -- Preparation Method
		Shortening
1/3	cup	powdered sugar
1/3	cup	margarine or butter -- softened
2/3	cup	honey
1	teaspoon	almond extract
1	large	egg
2 3/4	cups	all-purpose flour
1	teaspoon	baking soda
1/2	teaspoon	salt
2/3	cup	Glaze for Holiday Honey Cookies -- (see recipe)
2/3	cup	Decorator's Frosting -- (see recipe)

Heat oven to 375°.

Lightly grease cookie sheet with:
shortening

Mix in large bowl with wooden spoon:

1/3 cup powdered sugar
1/3 cup margarine or butter, softened
2/3 cup honey
1 teaspoon almond extract
1 large egg

Stir in:

2 3/4 cups all-purpose flour
1 teaspoon baking soda
1/2 teaspoon salt

Sprinkle a clean surface (such as a kitchen counter or breadboard) with flour. Put dough on surface. Roll dough until 1/8 inch thick. Cut with cookie cutters. Put cookies about 1 inch apart on cookie sheet.

Bake 6 to 8 minutes or until light brown. Watch carefully because cookies brown quickly. Immediately remove cookies from cookie sheet with spatula to wire rack. Cool completely.

Frost cookies with:
Glaze (see Glaze for Holiday Honey Cookies recipe)

Decorate cookies with:
Decorator's Frosting (see recipe)

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copyright:
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yield:
"42 Cookies"

Per serving: 98 calories (kcal); 2g Total Fat; (14% calories from fat); 1g Protein; 20g Carbohydrate; 4mg Cholesterol; 74mg Sodium
Food Exchanges: 1/2 Grain(Starch); ■ Lean Meat; ■ Vegetable; 0 Fruit; 1/2 Fat; 1 Other Carbohydrates

NOTES : Utensils You will Need

Cookie sheet • Pastry brush • Large bowl • Dry-ingredient measuring cups • Small sharp knife • Measuring spoons • Wooden spoon • Rolling pin • Ruler • 2-inch cookie cutters • Pot holders • Spatula • wire cooking rack

Nutr. Assoc. : 0 0 4098 0 0 0 0 0 0 0 0

* Exported from MasterCook *

Decorator's Frosting

Recipe By :
Serving Size : 42 Preparation Time :0:00
Categories : Baking with Kids Holiday

Amount	Measure	Ingredient -- Preparation Method
1	cup	powdered sugar
3	drops	food color (3 to 4 drops)
3	teaspoons	water (3 to 5 teaspoons)

Mix in small bowl with wooden spoon, adding the water 1 teaspoon at a time, until frosting is thin enough to drizzle or thick enough to be used in a decorating bag:

1 cup powdered sugar
3 or 4 drops food color
3 to 5 teaspoons water

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yield:
"2/3 cup"

Per serving: 11 calories (kcal); trace Total Fat; (0% calories from fat); 0g Protein; 3g Carbohydrate; 0mg Cholesterol; trace Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; ■ Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Utensils You will Need

Small bowl • Dry-ingredient measuring cup • Measuring spoons • Wooden spoon

Nutr. Assoc. : 0 3314 1582

* Exported from MasterCook *

Glaze for Holiday Honey Cookies

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Recipe By :
Serving Size : 42 Preparation Time :0:00
Categories : Baking with Kids Cookies & Brownies
 Holiday

Amount	Measure	Ingredient -- Preparation Method
2	cups	powdered sugar
1/4	teaspoon	almond extract
2	tablespoons	water
2	teaspoons	water (2 to 4 teaspoons)

Mix in medium bowl with wooden spoon until smooth:
2 cups powdered sugar
1/4 teaspoon almond extract
2 tablespoons water

stir in, 1 teaspoon at a time, until spreadable:
2 to 4 teaspoons water

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Yield:
"2/3 cup"

Per serving: 22 Calories (kcal); trace Total Fat; (0% calories from fat); 0g Protein; 6g Carbohydrate; 0mg Cholesterol; trace Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates

NOTES : Utensils You Will Need
Medium bowl • Dry-ingredient measuring cup • Measuring spoons •
Wooden spoon
Nutr. Assoc. : 0 ■ 0 1582

* Exported from MasterCook *

Holiday Nut Bread

Recipe By :
Serving Size : 20 Preparation Time :0:00
Categories : Breads Holiday

Amount	Measure	Ingredient -- Preparation Method
2 1/2	cups	all-purpose flour
1/2	cup	granulated sugar
1/2	cup	packed brown sugar
1/4	cup	shortening
1 1/4	cups	buttermilk*
3	teaspoons	baking powder
1	teaspoon	salt
1/2	teaspoon	baking soda
2		eggs
1	cup	chopped nuts

Heat oven to 350°. Grease bottom only of loaf pan, 9 x 5 x 3 inches. Beat all ingredients except nuts in large bowl on low speed 15 seconds. Beat on

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medium speed 30 seconds, scraping bowl constantly. Stir in nuts. Pour into pan.

Bake 60 to 65 minutes or until toothpick inserted in center comes out clean. Immediately remove from pan. Cool completely on wire rack before slicing. Garnish top of nut bread with maraschino cherries and sliced green candied pineapple if desired. For best results, wrap and refrigerate at least 2 hours before slicing.

1 loaf (about 20 slices)

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Yield:
"1 Loaf"
T(Refrigerate):
"8:00"

Per serving: 176 Calories (kcal); 7g Total Fat; (36% calories from fat); 4g Protein; 25g Carbohydrate; 19mg Cholesterol; 236mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat;
1/2 Other Carbohydrates

NOTES : "1 1/4 cups milk and 1 tablespoon white vinegar can be substituted for the buttermilk; mix and let stand 5 minutes.

Cherry-Nut Bread: Decrease buttermilk to 1 cup and add 1/4 cup maraschino cherry juice. After beating, stir in 1/2 cup chopped drained maraschino cherries. Bake 1 hour 10 minutes to 1 hour 15 minutes.

Date-Nut Bread: Omit buttermilk. Pour 1 1/2 cups boiling water over 1 1/2 cups chopped dates; stir and let cool. Beat date mixture with remaining ingredients. Bake 1 hour 5 minutes to 1 hour 10 minutes.

Nutr. Assoc. : 0 0 0 0 228 0 0 0 0 0

* Exported from MasterCook *

Holiday Stuffed Pasta

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Holiday Pasta

Amount	Measure	Ingredient -- Preparation Method
24		uncooked jumbo pasta shells
2	cups	spaghetti sauce
2	cups	Ricotta cheese
1	cup	shredded Mozzarella cheese (4 ounces)
1/2	cup	grated Parmesan cheese
2	tablespoons	chopped fresh parsley
1/2	teaspoon	pepper
2		eggs
1	cup	Spinach Pesto -- (see recipe) OR
1	cup	prepared pesto

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Heat oven to 350°. Cook pasta shells as directed on package; drain. Spread spaghetti sauce in rectangular pan, 13 x 9 x 2 inches. Mix remaining ingredients except pasta shells and Spinach Pesto. Fill each pasta shell with about 2 tablespoons cheese mixture. Arrange filled shells on spaghetti sauce. Cover pan with aluminum foil.

Bake about 45 minutes or until hot. Serve with pesto.

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T(Bake):

"0:45"

Per serving: 394 Calories (kcal); 22g Total Fat; (50% calories from fat); 19g Protein; 31g Carbohydrate; 96mg Cholesterol; 573mg Sodium
Food Exchanges: 1 Grain(Starch); 2 Lean Meat; 2 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 900315 0 0 26153 0 0 0 0 0 0 2130706543

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Spinach Pesto

Recipe By :
Serving Size : 60 Preparation Time :0:00
Categories : Holiday

Sauces

Amount	Measure	Ingredient -- Preparation Method
4	cups	firmly packed spinach (10 to 12 ounces)
1	cup	firmly packed fresh basil OR
1/2	cup	dried basil leaves
1	cup	grated Parmesan cheese
1	cup	olive oil
1/2	cup	chopped pine nuts OR
1/2	cup	chopped walnuts
1/2	teaspoon	salt
1/4	teaspoon	pepper
8	cloves	garlic

Place 2 cups of spinach and remaining ingredients in food processor. Cover and process 1 minute. Add remaining spinach and process about 2 minutes, stopping processor occasionally to scrape sides, until finely chopped and smooth. (Or place all ingredients except spinach in blender. Cover and blend on high speed about 1 minute, stopping blender occasionally to scrape sides. Add spinach, 1 cup at a time, blending until smooth after each addition.) Store covered in refrigerator up to 3 days or in freezer up to 3 months.

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yield:

"7 1/2 Cups"

Per serving: 45 calories (kcal); 5g Total Fat; (88% calories from fat); 1g Protein; trace Carbohydrate; 1mg Cholesterol; 44mg Sodium
Food Exchanges: 0 Grain(Starch); ■ Lean Meat; ■ Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 1423 3332 0 2130706543 0 ■ 20187 ■ 2130706543 0 0 0

* Exported from MasterCook *

Honey Almond-Apple Puffs

Recipe By :
Serving Size : 9 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
1/2	(17 1/4 ounce) package	frozen puff pastry -- thawed
1	large	pared cooking apple -- cut into 6 wedges
		Ground nutmeg
1/4	cup	honey
1/4	cup	sliced almonds

Heat oven to 425°. Unfold pastry and cut into 9 squares. Cut apple wedges crosswise in half (only 9 apple pieces are needed). Place 1 apple piece on each pastry square and sprinkle with nutmeg. Moisten corners of pastry with water. Gather corners over apple and pinch to seal well. Place on ungreased cookie sheet. Bake 15 to 20 minutes or until deep golden brown and puffed. Heat honey until thin. Brush honey over warm puffs. Sprinkle with almonds.

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yield:
"9 Puffs"

Per serving: 210 Calories (kcal); 13g Total Fat; (52% calories from fat); 3g Protein; 23g Carbohydrate; 0mg Cholesterol; 68mg Sodium
Food Exchanges: 1 Grain(Starch); ■ Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 27140 4435 0 0 0

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Honey-Oatmeal Cookies

Recipe By :
Serving Size : 60 Preparation Time :0:00

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Categories : Cookies & Brownies

Amount	Measure	Ingredient -- Preparation Method
1 1/4	cups	sugar
1/2	cup	shortening
2		eggs
1/3	cup	honey
2	cups	quick-cooking or regular oats
1 3/4	cups	all-purpose flour*
1	cup	raisins
1/2	cup	chopped nuts
1	teaspoon	baking soda
1	teaspoon	salt

Heat oven to 375°. Mix sugar, shortening, eggs and honey. Stir in remaining ingredients.

Drop dough by rounded teaspoonfuls about 2 inches apart onto ungreased cookie sheet.

Bake until light brown, 8 to 10 minutes. Immediately remove from cookie sheet.

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Yield:
"60 Cookies"

Per serving: 77 Calories (kcal); 3g Total Fat; (30% calories from fat); 1g Protein; 12g Carbohydrate; 6mg Cholesterol; 59mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

NOTES : *If using self-rising flour, omit baking soda and salt.

Nutr. Assoc. : 0 0 0 0 20223 14 0 0 0 0

* Exported from MasterCook *

Honey-whole wheat Bread

Recipe By :
Serving Size : 32 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
2	packages	active dry yeast
1/2	cup	warm water (105° to 115°)
1/3	cup	honey
1/4	cup	shortening
1	tablespoon	salt
1 3/4	cups	warm water
3	cups	whole wheat flour
3	cups	all-purpose flour* (3 to 4 cups) Margarine or butter -- softened

Dissolve yeast in 1/2 cup warm water in large mixing bowl. Stir in honey, shortening, salt, 1 3/4 cups warm water and the whole wheat flour. Beat until smooth. Mix in enough all-purpose flour to make dough easy to

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handle.

Turn dough onto lightly floured surface; knead until smooth and elastic, about 10 minutes. Place in greased bowl; turn greased side up. Cover; let rise in warm place until double, about 1 hour. (Dough is ready if indentation remains when touched.)

Punch down dough; divide into halves. Flatten each half with hands or rolling pin into rectangle, 18 x 9 inches. Fold crosswise into thirds, overlapping the 2 sides. Roll up tightly, beginning at one of the open ends. Press with thumbs to seal after each turn. Pinch edge firmly to seal. Press each end with side of hand to seal; fold ends under loaf. Place loaves, seam sides down, in 2 greased baking pans, 9 x 5 x 3 inches or 8 1/2 x 4 1/2 x 2 1/2 inches. Brush with margarine; sprinkle with whole wheat flour or crushed oats, if desired. Let rise until double, about 1 hour.

Heat oven to 375°. Bake until loaves are deep golden brown and sound hollow when tapped, 40 to 45 minutes. Remove from pans; cool on wire rack.

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Yield:

"2 Loaves"

- - - - -

Per serving: 107 Calories (kcal); 2g Total Fat; (15% calories from fat); 3g Protein; 20g Carbohydrate; 0mg Cholesterol; 202mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : *If using self-rising flour, decrease salt to 1 teaspoon.
Nutr. Assoc. : 0 5472 0 0 0 0 0 14 0

* Exported from MasterCook *

Hot Fudge Pudding Cake

Recipe By :

Serving size : 9 Preparation Time :0:00

Categories : Cakes

Desserts

Amount	Measure	Ingredient -- Preparation Method
1	cup	all-purpose flour*
3/4	cup	granulated sugar
2	tablespoons	cocoa
2	teaspoons	baking powder
1/4	teaspoon	salt
1/2	cup	milk
2	tablespoons	vegetable oil
1	teaspoon	vanilla
1	cup	chopped nuts, if desired
1	cup	packed brown sugar
1	cup	cocoa
1 3/4	cups	hottest tap water
		Ice cream

Heat oven to 350°. Mix flour, granulated sugar, 2 tablespoons cocoa, the baking powder and salt in ungreased baking pan, 9 x 9 x 2 inches. Mix in

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milk, oil and vanilla with fork until smooth. Stir in nuts. Spread in pan.
Sprinkle with brown sugar and 1/4 cup cocoa. Pour hot water over batter.

Bake 40 minutes. Let stand 15 minutes; spoon into dessert dishes or cut
into squares and invert on dessert plates. Top with ice cream and spoon
sauce over each serving.

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approved Betty Crocker® Recipe.

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Yield:
"1 Cake"
T(Bake):
"0:40"

Per serving: 350 Calories (kcal); 13g Total Fat; (31% calories from fat); 5g
Protein; 57g Carbohydrate; 2mg Cholesterol; 188mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat;
2 1/2 Other Carbohydrates

NOTES : "If using self-rising flour, omit baking powder and salt.

Hot Fudge-Butterscotch Pudding Cake: Substitute 1 package (6
ounces) butterscotch chips for the nuts. Decrease brown sugar to
1/2 cup and the 1/4 cup cocoa to 2 tablespoons.
Nutr. Assoc. : 14 0 0 0 0 0 0 2677 0 0 3728 0

* Exported from MasterCook *

Italian Breadsticks

Recipe By :
Serving Size : 36 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
1	package	active dry yeast
2/3	cup	warm water (105° to 115°)
1	tablespoon	sugar
1	teaspoon	salt
1/4	cup	vegetable or olive oil
2	cups	all-purpose flour (2 to 2 1/4 cups) vegetable or olive oil
1		egg white
1	tablespoon	water Coarse salt or toasted sesame seed

Dissolve yeast in warm water in large mixing bowl. Stir in sugar, 1
teaspoon salt, 1/4 cup oil and 1 cup of the flour. Beat until smooth. Mix
in enough remaining flour to make dough easy to handle.

Turn dough only lightly floured surface; knead until smooth and elastic,
about 5 minutes. Shape dough into roll, 10 inches long. Cut into 36 equal
parts. Roll each part into rope, 8 inches long for thick breadsticks, 10
inches long for thin breadsticks. Place about 1 inch apart on greased
cookie sheet. Brush with oil. Cover; let rise in warm place about 20
minutes.

Heat oven to 350°. Beat egg white and 1 tablespoon water slightly; brush
over breadsticks and sprinkle with coarse salt. Bake until golden brown,

20 to 25 minutes.

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Yield:

"36 Breadsticks"

Per serving: 41 calories (kcal); 2g Total Fat; (35% calories from fat); 1g Protein; 6g Carbohydrate; 0mg Cholesterol; 61mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 5472 0 0 1563 14 0 0 0 0

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Italian Focaccia

Recipe By :
Serving Size : 24 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
2 1/2	cups	all-purpose or unbleached flour (2 1/2 to 3 cups)
2	teaspoons	sugar
1 1/4	teaspoon	salt
1	package	regular or quick-acting active dry yeast
1/4	cup	olive or vegetable oil
1	cup	very warm water (120° to 130°)
		olive or vegetable oil
2	tablespoons	chopped fresh herbs (such as basil, oregano or rosemary)
2	tablespoons	grated Parmesan cheese

Mix 1 cup of the flour, the sugar, salt and yeast in large bowl. Add 1/4 cup oil and the warm water. Beat on medium speed 3 minutes, scraping bowl occasionally. Stir in enough remaining flour until dough is soft and leaves side of bowl.

Turn dough onto lightly floured surface; gently roll in flour to coat. Knead 5 to 10 minutes or until dough is smooth and elastic. Place in greased bowl; turn greased side up. Cover and let rise in warm place 1 to 1 1/2 hours or until double. (Dough is ready if indentation remains when touched.)

Heat oven to 425°. Grease 2 cookie sheets. Punch down dough, and divide in half. Shape each half into flattened 12-inch round on cookie sheet. Cover and let rise in warm place 20 minutes. Prick centers and 1 inch in from edge thoroughly with fork. Brush with oil. Sprinkle each with 1 tablespoon herbs and cheese. Bake 12 to 15 minutes or until golden brown. Serve warm.

2 flatbreads (12 slices each)

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yield:

"2 Flatbreads"

Per serving: 72 Calories (kcal); 3g Total Fat; (31% calories from fat); 2g Protein; 10g Carbohydrate; trace Cholesterol; 31mg Sodium
Food Exchanges: 1/2 Grain(Starch); ■ Lean Meat; ■ Vegetable; 0 Fruit; 1/2 Fat; 0 other carbohydrates

NOTES : Red Pepper Focaccia: For each flatbread, cook 1 medium red bell pepper, cut into 1/4-inch rings, and 1 small onion, sliced, in 1 tablespoon olive or vegetable oil in 10-inch skillet over medium heat, stirring frequently, until softened. Arrange on each oil-brushed flatbread and sprinkle with herbs and cheese before baking.

Nutr. Assoc. : 14 0 0 26366 986 5472 0 3373 0

* Exported from MasterCook *

Jalapeño Cornbread (1 1/2-Pound Recipe)

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Bread Machine Breads

Amount	Measure	Ingredient -- Preparation Method
3/4	cup	plus 2 tablespoons water
2/3	cup	frozen whole kernel corn -- thawed
2	tablespoons	margarine or butter -- softened
1	tablespoon	chopped jalapeño chile
3 1/4	cups	bread flour
1/3	cup	cornmeal
2	tablespoons	sugar
1 1/2	teaspoons	salt
2 1/2	teaspoons	bread machine yeast

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/white cycle. use Medium or Light crust color. Do not use delay cycles. Remove baked bread from pan and cool on wire rack.

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yield:

"1 Loaf"

Per serving: 184 Calories (kcal); 3g Total Fat; (13% calories from fat); 5g Protein; 34g Carbohydrate; 5mg Cholesterol; 288mg Sodium
Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

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NOTES : We do not recommend this recipe for bread machines with
glass-domed lids.

Nutr. Assoc. : 1582 0 2394 26060 0 ■ ■ ■ 2019

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Jalapeño Cornbread (1-Pound Recipe)

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Bread Machine Breads

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	water
1/2	cup	frozen whole kernel corn -- thawed
1	tablespoon	margarine or butter -- softened
2	teaspoons	chopped jalapeño chile
2	cups	bread flour
1/4	cup	cornmeal
1	tablespoon	sugar
1	teaspoon	salt
1 1/2	teaspoons	bread machine yeast

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make
1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the
order recommended by the manufacturer.

Select Basic/white cycle. Use Medium or Light crust color. Do not use
delay cycles. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.

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Yield:
"1 Loaf"

Per serving: 170 Calories (kcal); 2g Total Fat; (11% calories from fat); 5g
Protein; 32g Carbohydrate; 0mg Cholesterol; 285mg Sodium
Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0
Other Carbohydrates

NOTES : We do not recommend this recipe for bread machines with
glass-domed lids.

Nutr. Assoc. : 0 0 4098 26060 ■ ■ ■ 2019

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Key Lime Pie

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method
		Page 224

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1 (14 ounce) can sweetened condensed milk
1 tablespoon grated lemon peel
1/2 teaspoon grated lime peel
1/4 cup lemon juice
1/4 cup lime juice
3 drops green food color (3 to 4 drops)
3 eggs -- separated
1/4 teaspoon cream of tartar
1 9 inch baked pie shell -- (recipe follows)

BAKED ONE-CRUST PIE SHELL
1/3 cup plus 1 tablespoon shortening
OR
1/3 cup lard
1 cup all-purpose flour
1/2 teaspoon salt
2 tablespoons cold water (2 to 3 tablespoons)

Mix milk, lemon peel, lime peel, lime juice, lime juice and food color. Beat egg yolks slightly; stir in milk mixture. Beat egg whites and cream of tartar in 2 1/2-quart bowl until stiff and glossy. Fold egg yolk mixture into egg whites; mound in pie shell. Refrigerate until set, at least 2 hours. Garnish with sweetened whipped cream and grated lime peel, if desired. Immediately refrigerate any remaining pie.

BAKED ONE-CRUST PIE SHELL:

Heat oven to 475°. Cut shortening into flour and salt until particles are size of small peas. Sprinkle in water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons water can be added if necessary).

Gather pastry into a ball; shape into flattened round on lightly floured cloth-covered board. Roll pastry 2 inches larger than inverted pie plate. Fold pastry into fourths and place in pie plate with point in center; unfold. Trim overhanging edge of pastry 1 inch from rim of pie plate. Fold and roll pastry under even with pie plate; flute. Prick bottom and side thoroughly with fork to prevent puffing while baking. Bake 8 to 10 minutes or until light brown; cool.

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yield:

"1 Pie"

Per serving: 321 Calories (kcal); 15g Total Fat; (40% calories from fat); 8g Protein; 41g Carbohydrate; 87mg Cholesterol; 218mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 3 Fat; 2 Other Carbohydrates

NOTES : Key Lime Pie hails from the Florida Keys, which is the only place where the special yellow Key limes will grow. But you don't have to go to Florida to pick your own limes; regular lemons and limes will also make a delicious pie. Sweetened condensed milk is the "key" to the wonderful creamy texture of this nationwide favorite.

Nutr. Assoc. : 0 20084 20217 0 0 3314 0 ■ 2130706543 0 0 1368 0 2130706543
0 0 2777

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Lacy Cookie Cups

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Cookies & Brownies Holiday

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	powdered sugar
1/4	cup	(1/2 stick) butter -- softened*
1/2	teaspoon	vanilla
2		egg whites
1/4	cup	all-purpose flour
1/4	teaspoon	ground cinnamon
2	cups	mixed fresh strawberries and raspberries
1/3	cup	raspberry jam -- melted

Heat oven to 400°. Generously grease cookie sheet. Beat powdered sugar, butter and vanilla in medium bowl on medium speed until well blended. Beat in egg whites on low speed until mixture is well blended but not foamy. Fold in flour and cinnamon.

Drop dough by about 1 1/2 tablespoons 6 inches apart onto cookie sheet. Flatten into 5-inch rounds using back of spoon dipped into cold water.

Bake 5 to 11 minutes or until golden brown. Let stand 30 seconds or until firm; remove from cookie sheet. Immediately shape each cookie over inverted 6-ounce custard cup. Cool completely. Fill each cookie cup with about 1/3 cup berries. Drizzle with jam.

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Description:

"These cups are versatile as well as delicious. Try filling them with pudding, mousse or ice cream; then top with your favorite sauces—the combinations can take you through the 12 days of Christmas, and then some!"

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Yield:

"6 Cookie cups"

Per serving: 190 Calories (kcal); 8g Total Fat; (36% calories from fat); 2g Protein; 29g Carbohydrate; 21mg Cholesterol; 104mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 1 1/2 Other Carbohydrates

NOTES : *Do not use margarine in this recipe.

Nutr. Assoc. : 0 222 0 0 0 3411 ■

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Lasagne Roll-ups

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Main and Side Dishes Pasta

Amount	Measure	Ingredient -- Preparation Method
		Page 226

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6 uncooked dried lasagne noodles
6 uncooked dried spinach lasagne noodles
1 pound ground beef
1 large onion -- chopped (about 1 cup)
1 (14 ounce) jar spaghetti sauce
1 (8 ounce) can mushroom stems and pieces -- undrained
1 (15 ounce) container Ricotta cheese
OR
1 (15 ounce) container small curd creamed cottage cheese
1 (10 ounce) package frozen chopped spinach -- thawed and squeezed to
drain
1 cup shredded Mozzarella cheese (4 ounces)
1 1/4 cup grated Parmesan cheese
1 teaspoon salt
1 1/4 teaspoon pepper
2 cloves garlic -- crushed

Heat oven to 350°. Cook noodles as directed on package; drain. Cover
noodles with cold water. Cook ground beef and onion in 10-inch skillet,
stirring occasionally, until beef is brown; drain. Stir in spaghetti sauce
and mushrooms. Heat to boiling. Pour into rectangular baking dish, 11 x 7
x 1 1/2 inches.

Mix remaining ingredients. Drain noodles. Spread 3 tablespoons of the
cheese mixture to edges of 1 noodle. Roll up; cut roll in half to form 2
roll-ups. Place cut sides down in beef mixture. Repeat with remaining
noodles and cheese mixture. Cover and bake about 30 minutes or until hot
and bubbly. Serve with grated Parmesan cheese, if desired.

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T(Bake):
"0:30"

Per serving: 407 Calories (kcal); 21g Total Fat; (45% calories from fat); 26g
Protein; 29g Carbohydrate; 77mg Cholesterol; 841mg Sodium
Food Exchanges: 1 Grain(Starch); 3 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 2 1/2
Fat; 0 Other Carbohydrates

Nutr. Assoc. : 306 306 9018 ■ ■ 2461 1268 0 2130706543 ■ 26153 0 0 0 0

* Exported from MasterCook *

Lemon Cake Pie

Recipe By :
Serving Size : ■ Preparation Time : 0:00
Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method
3		Favorite Pastry for 9-Inch One-Crust Pie -- (see recipe)
2	tablespoons	eggs -- separated
2/3	cup	grated lemon peel
1	cup	lemon juice
1 1/4	cups	milk
		sugar

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1/3 cup all-purpose flour*
1/4 teaspoon salt

Heat oven to 350°. Prepare pastry. Beat egg whites in large mixer bowl until stiff peaks form; reserve. Beat egg yolks; beat in lemon peel, lemon juice and milk. Add sugar, flour and salt; beat until smooth. Beat lemon mixture into egg whites on low speed until blended, about 1 minute. Pour into pastry-lined pie plate.

Bake until golden brown, 45 to 50 minutes. Serve with sweetened whipped cream, if desired.

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Yield:

"1 Pie"

Per serving: 323 Calories (kcal); 11g Total Fat; (31% calories from fat); 5g Protein; 51g Carbohydrate; 82mg Cholesterol; 237mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 2 Fat; 2 Other Carbohydrates

NOTES : *Do not use self-rising flour in this recipe.
Nutr. Assoc. : 1 0 20084 0 0 0 14 0

* Exported from MasterCook *

Favorite Pastry for 9-Inch One-Crust Pie

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method
1	cup	all-purpose flour
1/2	teaspoon	salt
1/3	cup	lard
		OR
1/3	cup	plus 1 tablespoon shortening
2	tablespoons	cold water (2 to 3 tablespoons)

Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons water can be added if necessary).

Gather pastry into ball; shape into flattened round on lightly floured cloth-covered surface.

Roll pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.

Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll pastry under, even with plate. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. Or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger)

on outside. Pinch pastry into V shape; pinch again to sharpen. Fill and bake as directed in recipe.

For Baked Pie Shell: Heat oven to 475°. Prick bottom and side thoroughly with fork. Bake 8 to 10 minutes or until light brown; cool.

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Yield:
"1 Crust"

Per serving: 134 Calories (kcal); 9g Total Fat; (59% calories from fat); 2g Protein; 12g Carbohydrate; 8mg Cholesterol; 134mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

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Lemon chiffon cake

Amount	Measure	Ingredient -- Preparation Method
2	cups	all-purpose flour ^a
1 1/2	cups	sugar
3	teaspoons	baking powder
1	teaspoon	salt
1/2	cup	vegetable oil
7		egg yolks
3/4	cup	cold water
2	teaspoons	grated lemon peel
2	teaspoons	vanilla
1	cup	egg whites (7 or 8)
1/2	teaspoon	cream of tartar
		Lemon Butter Frosting -- (recipe follows)
		LEMON BUTTER FROSTING
1/3	cup	margarine or butter -- softened
3	cups	powdered sugar
1/2	teaspoon	grated lemon peel
2	tablespoons	Lemon juice (about)

Heat oven to 325°. Mix flour, sugar, baking powder and salt in bowl. Make a well and add in order: oil, egg yolks, water, lemon peel and vanilla. Beat with spoon until smooth. Beat egg whites and cream of tartar in large mixer bowl on high speed until stiff peaks form. Pour egg yolk mixture gradually over beaten whites, gently folding with rubber spatula just until blended. Pour into ungreased tube pan, 10 x 4 inches.

Bake until top springs back when touched lightly, about 1 1/4 hours. Invert pan on funnel; let hang until cake is cold. Remove from pan. Frost with Lemon Butter Frosting.

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LEMON BUTTER FROSTING:

Mix margarine and powdered sugar. Beat in lemon peel and lemon juice until of spreading consistency.

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Yield:

"1 Cake"

Per serving: 695 Calories (kcal); 26g Total Fat; (33% calories from fat); 9g Protein; 108g Carbohydrate; 186mg Cholesterol; 596mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 5 Fat;
5 1/2 Other Carbohydrates

NOTES : *If using self-rising flour, omit baking powder and salt.

Nutr. Assoc. : 14 0 0 0 0 0 ■ 20084 0 3231 0 2130706543 0 0 4098 0 20084
797

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Lemon Meringue Cake

Recipe By :

Serving Size : ■ Preparation Time :0:00

Categories : Cakes

Desserts

Amount	Measure	Ingredient -- Preparation Method
Meringue Cake -- (see recipe)		
1	4 serving size package	lemon pudding and pie filling (not instant)
1/2	cup	whipped cream

Bake Meringue Cake as directed. Prepare pudding and pie filling as directed on package. Refrigerate about 1 1/2 hours or until chilled. Stir pudding; spread 1 1/4 cups over meringue on 1 cake layer. Place remaining layer, meringue side up, on pudding. Spread with remaining pudding.

Place whipped cream in decorating bag with star tip. Pipe on whipped cream or garnish with whipped cream as desired. Serve within 30 minutes.

8 to 10 servings

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Yield:

"1 Cake"

T(Refrigerate):

"1:30"

Per serving: 1520 Calories (kcal); 45g Total Fat; (26% calories from fat); 19g

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Protein: 268g Carbohydrate: 497mg Cholesterol: 508mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 9 Fat; 16
1/2 Other Carbohydrates

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* Exported from MasterCook *

Meringue Cake

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Cakes Desserts

Amount	Measure	Ingredient -- Preparation Method
1 1/2	cups	cake flour
3/4	cup	sugar
1 1/2	teaspoons	baking powder
1/2	teaspoon	salt
3/4	cup	shortening
2/3	cup	milk
1 1/2	teaspoons	vanilla
4		eggs -- separated
1	cup	sugar

Heat oven to 325°. Grease sides of 2 round pans, 9 x 1 1/2 inches or 8 x 1 1/2 inches. Line bottoms of pans with cooking parchment paper or waxed paper circles. Beat flour, 3/4 cup sugar, the baking powder, salt, shortening, milk, vanilla and egg yolks in medium bowl on low speed 30 seconds, scraping bowl constantly. Beat on high speed 2 minutes, scraping bowl occasionally (batter will be stiff). Spread evenly in pans.

Beat egg whites in small bowl on medium speed until foamy. Beat in 1 cup sugar, 1 tablespoon at a time, on high speed until stiff peaks form. Spread half of the egg white mixture over batter in each pan.

Bake 30 to 35 minutes or until meringue looks set and dry. Cool 10 minutes. Loosen meringues from edges of pans with knife point if necessary. Carefully remove from pans and peel off paper. Place layers, meringue sides up, on wire racks. Cool completely.

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Yield:
"1 Cake"

Per serving: 461 Calories (kcal); 22g Total Fat; (43% calories from fat); 5g Protein; 61g Carbohydrate; 96mg Cholesterol; 263mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 4 Fat; 3 Other Carbohydrates

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Lemon Sauce

Recipe By :
Serving Size : 9 Preparation Time :0:00
Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	sugar
2	tablespoons	cornstarch
3/4	cup	water
1	tablespoon	grated lemon peel
1/4	cup	lemon juice
2	tablespoons	stick margarine or butter*

Mix sugar and cornstarch in 1-quart saucepan. Gradually stir in water. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute; remove from heat.

Stir in remaining ingredients. Serve warm or cool. Cover and refrigerate any remaining sauce.

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Yield:
"1 1/4 cups"

Per serving: 74 calories (kcal); 3g Total Fat; (29% calories from fat); trace Protein; 13g Carbohydrate; 0mg Cholesterol; 31mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

NOTES : *Spreads with at least 65% vegetable oil can be substituted.

Tip

To microwave, mix sugar and cornstarch in 4-cup microwavable measure. Gradually stir in water. Microwave uncovered on high 3 to 4 minutes, stirring every minute, until thickened and clear. Stir in remaining ingredients.

Nutr. Assoc. : 0 0 0 20084 0 4098

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Lemon Yogurt-Poppy Seed Muffins

Recipe By :
Serving size : 12 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
1/3	cup	milk
1/4	cup	vegetable oil
1	(6 ounce) container	lemon yogurt (2/3 cup)
1		egg
1 3/4	cups	all-purpose flour
1/4	cup	sugar
2	tablespoons	poppy seed
1	tablespoon	grated lemon peel
2 1/2	teaspoons	baking powder

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1/2 teaspoon baking soda
1/2 teaspoon salt
Lemon Glaze -- (recipe follows)

1/2 cup powdered sugar
2 teaspoons lemon juice (2 to 3 teaspoons)

Heat oven to 400°. Grease bottoms only of 12 medium muffin cups, 2 1/2 x 1 1/4 inches, or line with paper baking cups. Beat milk, oil, yogurt and egg in large bowl. Stir in remaining ingredients except Lemon Glaze just until flour is moistened. Divide batter evenly among muffin cups (cups will be about 3/4 full).

Bake 16 to 18 minutes or until golden brown. Immediately remove from pan. Drizzle Lemon Glaze over warm muffins.

To make the Lemon Glaze:

Mix ingredients until smooth and of drizzling consistency.

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Yield:
"12 Muffins"

Per serving: 174 Calories (kcal); 7g Total Fat; (33% calories from fat); 3g Protein; 26g Carbohydrate; 19mg Cholesterol; 258mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 1453 0 0 0 1156 20084 0 0 0 2130706543 0 0 ■ 797

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Lemon-Cream Cheese Dessert

Recipe By :
Serving Size : 9 Preparation Time :0:00
Categories : Baking with Kids Pies

Amount	Measure	Ingredient -- Preparation Method
3	cups	toasted whole-grain oat cereal
1/3	cup	margarine or butter (from a stick) -- melted
1/4	cup	sugar
1	teaspoon	ground cinnamon
1	(8 ounce) package	cream cheese -- softened
1	(14 ounce) can	sweetened condensed milk
1/4	cup	lemon juice
1	teaspoon	vanilla
		Fresh fruit

Heat oven to 350°.

Put in plastic bag:
3 cups toasted whole-grain oat cereal

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Press air out of plastic bag, then seal. Roll cereal with rolling pin or jar until finely crushed.

Mix in small bowl with wooden spoon, then save 2 tablespoons:

The crushed cereal

1/3 cup (from a stick) margarine or butter, melted

1/4 cup sugar

1 teaspoon ground cinnamon

Press the rest of the cereal mixture in square pan, 8 x 8 x 2 inches. Bake 12 minutes. Cool on wire rack.

Beat in large bowl with electric mixer on medium speed until light and fluffy:

1 package (8 ounces) cream cheese, softened

Beat in, a little at a time:

1 can (14 ounces) sweetened condensed milk

Stir in:

1/4 cup lemon juice

1 teaspoon vanilla

Pour cream cheese mixture over baked cereal mixture in pan. Sprinkle saved cereal mixture over top. Cover with plastic wrap and refrigerate 3 to 4 hours or until firm.

If you like, top with:

Fresh fruit

Cover and refrigerate any leftover dessert.

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Per serving: 351 Calories (kcal); 20g Total Fat; (49% calories from fat); 7g Protein; 39g Carbohydrate; 43mg Cholesterol; 304mg Sodium

Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 4 Fat; 2 Other Carbohydrates

NOTES : Utensils You will Need

Plastic bag with zipper top • Dry-ingredient measuring cups •

Rolling pin • Small bowl • Measuring spoons • Wooden spoon •

Square pan, 8 x 8 x 2 inches • Wire cooling rack • Large Bowl •

Electric mixer • Can opener • Liquid measuring cup • Plastic wrap

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Lemon-Filled Coconut Cake

Recipe By :

Serving Size : 16 Preparation Time :0:00

Categories : Cakes

Desserts

Amount	Measure	Ingredient -- Preparation Method
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2 1/4	cups	Lemon Filling -- (recipe follows) all-purpose flour
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1	2/3	cups	granulated sugar
	2/3	cup	shortening
1	1/4	cups	milk
3	1/2	teaspoons	baking powder
1		teaspoon	salt
1		teaspoon	vanilla
5			egg whites
1		cup	flaked or shredded coconut
1		cup	whipping (heavy) cream
1	1/4	cup	powdered sugar

LEMON FILLING

3	3/4	cup	sugar
	tablespoons		cornstarch
1/4		teaspoon	salt
3/4		cup	water
1		tablespoon	margarine or butter
1		teaspoon	finely grated lemon peel
2	1/3	cup	lemon juice
	drops		yellow food color (2 to 4 drops), if desired

Prepare Lemon Filling; press plastic wrap onto hot filling. Refrigerate until set, about 1 hour.

Heat oven to 350°. Grease and flour 2 round pans, 8 x 1 1/2 or 9 x 1 1/2 inches. Beat flour, granulated sugar, shortening, milk, baking powder, salt and vanilla in 3-quart bowl on low speed, scraping bowl constantly, 30 seconds. Beat on high speed, scraping bowl occasionally, 2 minutes. Beat in egg whites on high speed, scraping bowl occasionally, 2 minutes. Stir in coconut. Pour into pans.

Bake until toothpick inserted in center comes out clean or top springs back when touched lightly, 30 to 35 minutes. Cool 10 minutes; remove from pans. Cool completely on wire rack.

Beat whipping cream and powdered sugar in chilled 1 1/2-quart bowl until stiff. Fill layers with Lemon Filling and frost with whipped cream; refrigerate. Immediately refrigerate any remaining cake.

LEMON FILLING:

Mix sugar, cornstarch and salt in 1 1/2-quart saucepan. Gradually stir in water. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 5 minutes; remove from heat. Stir in margarine and lemon peel until margarine is melted. Gradually stir in lemon juice and food color.

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Yield:

"1 Cake"

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Per serving: 369 Calories (kcal); 17g Total Fat; (40% calories from fat); 4g Protein; 51g Carbohydrate; 25mg Cholesterol; 326mg Sodium

Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 3 1/2 Fat; 2 Other Carbohydrates

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20084 0 3314

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Lemon-Oat Scones

Recipe By :
Serving Size : 15 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
1/3	cup	margarine or butter
1 1/4	cups	all-purpose flour
1/2	cup	quick-cooking oats
3	tablespoons	sugar
2 1/2	teaspoons	baking powder
2	teaspoons	grated lemon peel
1/2	teaspoon	salt
1	1/2 cup	egg -- beaten
4	tablespoons	chopped almonds -- toasted
1		half-and-half (4 to 6 tablespoons)
		egg -- beaten

Heat oven to 400°. Cut margarine into flour, oats, sugar, baking powder, lemon peel and salt with pastry blender in medium bowl until mixture resembles fine crumbs. Stir in 1 egg, the almonds and just enough half-and-half so dough leaves side of bowl.

Turn dough onto lightly floured surface; gently roll in flour to coat. Knead lightly 10 times. Roll or pat 1/2 inch thick. Cut with floured 2-inch round cutter or cut into diamond shapes with sharp knife. Place on ungreased cookie sheet. Brush 1 egg over dough.

Bake 10 to 12 minutes or until golden brown. Immediately remove from cookie sheet. Cool on wire rack. Split scones; spread with margarine and serve with strawberry preserves if desired.

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Yield:
"15 scones"

Per serving: 137 Calories (kcal); 8g Total Fat; (51% calories from fat); 3g Protein; 14g Carbohydrate; 26mg Cholesterol; 210mg Sodium
Food Exchanges: 1/2 Grain(starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat;
0 Other Carbohydrates

NOTES : Spicy Fruit Scones: Omit lemon peel. Add 3/4 teaspoon ground cinnamon and 1/8 teaspoon ground cloves with the salt. Substitute 1/2 cup diced fruits, chopped figs, currants or dates for the nuts.

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Lime Meltaways

Recipe By :
Serving Size : 36 Preparation Time :0:00

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Categories : Cookies & Brownies

Amount	Measure	Ingredient -- Preparation Method
1	cup	margarine or butter
1/2	cup	powdered sugar
1 3/4	cups	all-purpose flour
1/4	cup	cornstarch
1	tablespoon	grated lime peel
1/2	teaspoon	vanilla
		Lime Glaze -- (recipe follows)
		LIME GLAZE
1/2	cup	powdered sugar
4	teaspoons	lime juice
2	teaspoons	grated lime peel

Heat oven to 350°. Beat margarine and powdered sugar in large bowl until light and fluffy. Stir in remaining ingredients except Lime Glaze until well blended. Place dough in cookie press with ribbon tip. Form long ribbons of dough on ungreased cookie sheet. Cut into 3-inch lengths. Bake 9 to 11 minutes or until edges are golden brown. Remove from cookie sheet. Cool completely. Prepare Lime Glaze and brush on cookies.

LIME GLAZE:

Mix all ingredients.

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Description:

"These cookies are a refreshing dessert on summer days. They really do melt in your mouth."

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yield:

"36 Cookies"

Per serving: 84 Calories (kcal); 5g Total Fat; (54% calories from fat); 1g Protein; 9g Carbohydrate; 0mg Cholesterol; 59mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 vegetable; 0 Fruit; 1 Fat; 0 other carbohydrates

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Lindy's Cheesecake

Recipe By :

Serving size : 20 Preparation time : 0:00

Categories : Cakes

Desserts

Amount	Measure	Ingredient -- Preparation Method
1	cup	all-purpose flour
1/2	cup	margarine or butter -- softened
1/4	cup	sugar
1	tablespoon	grated lemon peel
1		egg yolk

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5	(8 ounce) packages	cream cheese -- softened
1 3/4	cups	sugar
3	tablespoons	all-purpose flour
1	tablespoon	grated orange peel
1	tablespoon	grated lemon peel
1/4	teaspoon	salt
5		eggs
2		egg yolks
1/4	cup	whipping (heavy) cream
3/4	cup	whipping (heavy) cream
1/3	cup	toasted slivered almonds, if desired

Move oven rack to lowest position. Heat oven to 400°. Lightly grease springform pan, 9 x 3 inches; remove bottom. Mix 1 cup flour, the margarine, 1/4 cup sugar, 1 tablespoon lemon peel and 1 egg yolk with hands. Press one-third of the mixture evenly on bottom of pan. Place on cookie sheet.

Bake 8 to 10 minutes or until golden brown; cool. Assemble bottom and side of pan; secure side. Press remaining mixture all the way up side of pan.

Heat oven to 475°. Beat cream cheese, 1 3/4 cups sugar, 3 tablespoons flour, the orange peel, 1 tablespoon lemon peel, the salt and 2 eggs in large bowl until smooth. Continue beating, adding remaining eggs and 2 egg yolks, one at a time, until blended. Beat in 1/4 cup whipping cream on low speed. Pour into pan.

Bake 15 minutes. Reduce oven temperature to 200°. Bake 1 hour. Turn off oven and leave cheesecake in oven 15 minutes. Run metal spatula along side of cheesecake to loosen before and after refrigerating. Cover and refrigerate at least 12 hours.

Remove cheesecake from side of pan. Beat 3/4 cup whipping cream in chilled bowl until stiff. Spread whipped cream over top of cheesecake. Decorate with almonds. Refrigerate any remaining cheesecake.

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Yield:

"1 Cheesecake"

Per serving: 424 Calories (kcal); 32g Total Fat; (66% calories from fat); 8g Protein; 28g Carbohydrate; 157mg Cholesterol; 268mg Sodium
Food Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Fruit; 6 Fat; 1 1/2 Other Carbohydrates

NOTES : Lindy's Cheesecake Squares: Heat oven to 400°. Lightly grease rectangular pan, 13 x 9 x 2 inches. Press crust mixture on bottom of pan. Do not place pan on cookie sheet. Bake 15 minutes; cool. Heat oven to 475°. Pour cream cheese mixture into pan. Bake 15 minutes. Reduce oven temperature to 200°. Bake about 45 minutes or until center is set. Turn off oven and leave cheesecake in oven 15 minutes; cool 15 minutes. Cover and refrigerate at least 12 hours.

Continue as directed—except increase almonds to 1/2 cup.
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Recipe By :
Serving Size : 5 Preparation Time :0:00
Categories : Main and Side Dishes

Amount	Measure	Ingredient -- Preparation Method
1	cup	uncooked elbow macaroni (1 to 1 1/2 cups, about 6 ounces)
1/4	cup	margarine or butter (1/2 stick)
1/2	teaspoon	salt
1/4	teaspoon	pepper
1	small	onion -- chopped (about 1/4 cup)
1/4	cup	all-purpose flour
1 3/4	cups	milk
8	ounces	process American loaf or sharp process American cheese loaf or process cheese spread loaf -- cut into 1/2-inch cubes

Heat oven to 375°. Cook macaroni as directed on package; drain. Cook and stir margarine, salt, pepper, and onion in 2-quart saucepan over medium heat until onion is slightly tender. Stir in flour. Cook over low heat, stirring constantly until smooth and bubbly; remove from heat. Stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute; remove from heat. Stir in cheese until melted. Mix macaroni and cheese sauce in ungreased 1/2-quart casserole. Bake uncovered 30 minutes.

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T(Bake):
"0:30"

Per serving: 434 Calories (kcal); 29g Total Fat; (58% calories from fat); 19g Protein; 28g Carbohydrate; 68mg Cholesterol; 1526mg Sodium
Food Exchanges: 1 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Fruit; 4 1/2 Fat; 1/2 Other Carbohydrates

NOTES : Tomato Macaroni and Cheese: Mix 1/4 cup sliced ripe olives into cheese sauce. Arrange 1 large tomato, cut into 5 slices, around edge of casserole before baking.
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Maple-Buttermilk Cake

Recipe By :
Serving Size : 16 Preparation Time :0:00
Categories : Cakes Desserts

Amount	Measure	Ingredient -- Preparation Method
2 1/2	cups	all-purpose flour OR
2 3/4	cups	cake flour
1 1/2	cups	sugar
1/2	cup	margarine or butter (1 stick) -- softened
1/4	cup	shortening
1 1/2	cups	buttermilk

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1 1/2	teaspoons	baking soda
3/4	teaspoon	salt
1 1/2	teaspoons	maple flavoring
3		eggs

Heat oven to 350°. Grease and flour 2 round pans, 9 x 1 1/2 inches, or 3 round pans, 8 x 1 1/2 inches. Beat all ingredients in large bowl on medium speed 30 seconds, scraping bowl constantly. Beat on high speed 3 minutes, scraping bowl occasionally. Pour batter into pans.

Bake 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans. Cool completely.

Coating Sides of Cakes

Two filled cake layers can be rolled in chopped nuts, candies or flaked coconut to coat sides. Place nuts on waxed paper. Hold cake as shown in illustration. Roll side carefully in nuts to coat.

14-16 servings

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Yield:

"1 Cake"

Per serving: 246 Calories (kcal); 10g Total Fat; (36% calories from fat); 4g Protein; 35g Carbohydrate; 36mg Cholesterol; 320mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 2130706543 0 4098 0 0 0 0 866 0

* Exported from MasterCook *

Maple-Pecan Cake

Recipe By :
Serving Size : 14 Preparation Time :0:00
Categories : Cakes

Desserts

Amount	Measure	Ingredient -- Preparation Method
1	cup	Maple-Buttermilk Cake -- (see recipe) Maple-Butter Frosting -- (recipe follows) finely chopped pecans Chocolate Twigs, if desired -- (recipe follows) Malted-milk balls, if desired
3	cups	MAPLE-BUTTER FROSTING
1/3	cup	powdered sugar
1/3	cup	margarine or butter -- softened
	cup	maple-flavored syrup
2	ounces	CHOCOLATE TWIGS
2	ounces	white chocolate (white baking bar) OR semisweet chocolate

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teaspoon shortening

Bake Maple-Buttermilk Cake as directed. Fill layers and frost side only with Maple-Butter Frosting. Place pecans on waxed paper. Hold cake as shown in diagram; roll side carefully in pecans to coat. Frost top of cake with remaining frosting in spiral design using large spatula. Garnish with Chocolate Twigs and malted-milk balls.

MAPLE-BUTTER FROSTING:

Mix all ingredients. Beat until frosting is smooth and of spreading consistency. If necessary, stir in additional syrup, 1/2 teaspoon at a time.

CHOCOLATE TWIGS:

Melt chocolate and shortening. Pour into decorating bag with small writing tip. Squeeze melted chocolate onto waxed paper into twig shapes; sprinkle with white decorator's sugar, if desired. Let dry. Peel twigs from waxed paper; arrange on cake.

14 to 16 servings

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yield:

"1 cake"

Per serving: 519 Calories (kcal); 23g Total Fat; (39% calories from fat); 5g Protein; 75g Carbohydrate; 41mg Cholesterol; 418mg Sodium
Food Exchanges: 1 Grain(starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 4 1/2 Fat; 3 1/2 other Carbohydrates

Nutr. Assoc. : 0 2130706543 20148 2130706543 2130706543 0 ■ 0 4098 866 0 0
5519 0 2130706543 0

* Exported from MasterCook *

Maple-Buttermilk Cake

Recipe By : [Sally](#) Serving Size : 16 Preparation Time : 0:00
Categories : Cakes [Desserts](#)

Amount	Measure	Ingredient -- Preparation Method
2 1/2	cups	all-purpose flour OR
2 3/4	cups	cake flour
1 1/2	cups	sugar
1/2	cup	margarine or butter (1 stick) -- softened
1/4	cup	shortening
1 1/2	cups	buttermilk
1 1/2	teaspoons	baking soda
3/4	teaspoon	salt
1 1/2	teaspoons	maple flavoring
3		eggs

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Heat oven to 350°. Grease and flour 2 round pans, 9 x 1 1/2 inches, or 3 round pans, 8 x 1 1/2 inches. Beat all ingredients in large bowl on medium speed 30 seconds, scraping bowl constantly. Beat on high speed 3 minutes, scraping bowl occasionally. Pour batter into pans.

Bake 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans. Cool completely.

Coating sides of cakes

Two filled cake layers can be rolled in chopped nuts, candies or flaked coconut to coat sides. Place nuts on waxed paper. Hold cake as shown in illustration. Roll side carefully in nuts to coat.

14-16 servings

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yield:

"1 cake"

Per serving: 246 Calories (kcal); 10g Total Fat; (36% calories from fat); 4g Protein; 35g Carbohydrate; 36mg Cholesterol; 320mg Sodium
Food Exchanges: 1 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Fruit; 2 Fat; 1 1/2 Other Carbohydrates

Nutr. Assoc.: 0 0 2130706543 0 4098 0 0 0 0 866 0

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Meringue Cake

Recipe By : [Sally](#) Serving Size : 8 Preparation Time : 0:00
Categories : Cakes [Desserts](#)

Amount	Measure	Ingredient -- Preparation Method
1 1/2	cups	cake flour
3/4	cup	sugar
1 1/2	teaspoons	baking powder
1/2	teaspoon	salt
3/4	cup	shortening
2/3	cup	milk
1 1/2	teaspoons	vanilla
4		eggs -- separated
1	cup	sugar

Heat oven to 325°. Grease sides of 2 round pans, 9 x 1 1/2 inches or 8 x 1 1/2 inches. Line bottoms of pans with cooking parchment paper or waxed paper circles. Beat flour, 3/4 cup sugar, the baking powder, salt, shortening, milk, vanilla and egg yolks in medium bowl on low speed 30 seconds, scraping bowl constantly. Beat on high speed 2 minutes, scraping bowl occasionally (batter will be stiff). Spread evenly in pans.

Beat egg whites in small bowl on medium speed until foamy. Beat in 1 cup sugar, 1 tablespoon at a time, on high speed until stiff peaks form. Spread half of the egg white mixture over batter in each pan.

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Bake 30 to 35 minutes or until meringue looks set and dry. Cool 10 minutes. Loosen meringues from edges of pans with knife point if necessary. Carefully remove from pans and peel off paper. Place layers, meringue sides up, on wire racks. Cool completely.

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Yield:
"1 Cake"

Per serving: 461 Calories (kcal); 22g Total Fat; (43% calories from fat); 5g Protein; 61g Carbohydrate; 96mg Cholesterol; 263mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 4 Fat; 3 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0

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Mexi Shells

Recipe By :
Serving Size : 8 Preparation Time : 0:00
Categories : Main and Side Dishes Pasta

Amount	Measure	Ingredient -- Preparation Method
18		uncooked jumbo pasta shells
4	(8 ounce) cans	no-salt-added tomato sauce
2	tablespoons	all-purpose flour
1	teaspoon	chile powder
2	teaspoons	ground cumin
3/4	pound	extra-lean ground beef
1	small	onion -- chopped (about 1/4 cup)
1	teaspoon	ground cumin
1	tablespoon	chopped fresh cilantro
1	(4 ounce) can	chopped green chiles -- drained
1	(15 ounce) can	chile beans in sauce -- undrained
1	cup	shredded part-skim Mozzarella cheese (4 ounces)

Heat oven to 350°. Cook and drain pasta shells as directed on package. While pasta is cooking, mix tomato sauce, flour, chile powder and 2 teaspoons cumin; reserve. Cook ground beef and onion in 2-quart saucepan over medium heat, stirring occasionally, until beef is brown; drain. Stir in 1 teaspoon cumin, the cilantro, green chiles and chile beans.

Pour 1 cup of the reserved tomato sauce mixture into ungreased rectangular baking dish, 13 x 9 x 2 inches. Spoon about 1 1/2 tablespoons beef mixture into each pasta shell. Place filled sides up on sauce in dish. Pour remaining tomato sauce mixture over shells. Sprinkle with cheese. Cover and bake 30 minutes. Let stand uncovered 10 minutes.

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Description:

"Jumbo pasta shells are a fun change of pace, especially when stuffed with the Mexican-inspired filling here."

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T(Bake):

"0:30"

Per serving: 429 Calories (kcal); 11g Total Fat; (25% calories from fat); 26g Protein; 48g Carbohydrate; 45mg Cholesterol; 493mg Sodium
Food Exchanges: 2 Grain(Starch); 2 1/2 Lean Meat; 3 Vegetable; 0 Fruit; 1/2 Fat;
0 Other Carbohydrates

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Mexican Cheese Puffs

Recipe By :

Serving Size : 24 Preparation Time :0:00

Categories : Appetizers Holiday

Amount	Measure	Ingredient -- Preparation Method
1	cup	Bisquick original baking mix
3	tablespoons	margarine or butter -- softened
3	tablespoons	chopped green chiles
1		egg
1	cup	shredded cheddar cheese (4 ounces)

Heat oven to 400°. Grease cookie sheet. Mix baking mix, margarine, chiles and egg in medium bowl. Stir in cheese. Drop dough by rounded teaspoonfuls about 1 inch apart onto cookie sheet.

Bake 10 to 12 minutes or until golden brown.

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Yield:

"24 Puffs"

Per serving: 55 calories (kcal); 4g Total Fat; (62% calories from fat); 2g Protein; 3g Carbohydrate; 13mg Cholesterol; 107mg Sodium
Food Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 2250 4098 0 0 4922

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Mincemeat Bars

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Recipe By :
Serving Size : 42 Preparation Time :0:00
Categories : Cookies & Brownies Holiday

Amount	Measure	Ingredient -- Preparation Method
1	cup	packed brown sugar
1/2	cup	margarine or butter (1 stick) -- softened
1/4	cup	shortening
1 1/2	cups	all-purpose flour
1	cup	quick-cooking oats
1	teaspoon	salt
1/2	teaspoon	baking soda
1	(27 ounce) jar	prepared mincemeat (about 3 cups)
1/2	cup	chopped walnuts or almonds
		Powdered sugar

Heat oven to 400°. Grease rectangular pan, 13 x 9 x 2 inches. Mix brown sugar, margarine and shortening in large bowl. Stir in flour, oats, salt and baking soda until crumbly. Press half of the crumbly mixture in pan. Mix mincemeat and walnuts; spread over layer in pan. Sprinkle with remaining crumbly mixture; press lightly.

Bake 25 to 30 minutes or until light brown. While warm, make a diagonal cut from corner to corner. Continue making cuts parallel to first cut, spacing them about 1 1/2 inches apart. Repeat, cutting diagonally in opposite direction. Sprinkle with powdered sugar.

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Yield:
"42 Bars"

Per serving: 125 Calories (kcal); 5g Total Fat; (34% calories from fat); 1g Protein; 21g Carbohydrate; 0mg Cholesterol; 119mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 vegetable; 1/2 Fruit; 1 Fat;
1/2 Other Carbohydrates

NOTES : Apricot-Date Bars: Omit mincemeat and walnuts. Mix 1 1/2 cups chopped dried apricots, 1 1/4 cups chopped dates, 1/2 cup sugar and 1 1/2 cups water in 2-quart saucepan. Cook over medium-low heat about 10 minutes, stirring constantly, until thickened.
Substitute for the mincemeat and walnut mixture.

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Mini Pineapple Desserts

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Baking with Kids Pies

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	Bisquick original baking mix
3	tablespoons	sugar
2	tablespoons	finely chopped nuts

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2 tablespoons margarine or butter (from a stick) -- softened
1/4 teaspoon ground cinnamon
1 (21 ounce) can apple pie filling
1 (8 1/4 ounce) can crushed pineapple in syrup -- undrained
1 teaspoon grated orange peel

Heat oven to 400°.

Mix in pie plate with fork until crumbly:

1/2 cup Bisquick Original baking mix

3 tablespoons sugar

2 tablespoons finely chopped nuts

2 tablespoons (from a stick) margarine or butter, softened

1/4 teaspoon ground cinnamon

Bake 8 to 10 minutes or until light and dry, stir with fork.

Heat in saucepan, stirring a few times, until hot:

1 can (21 ounces) apple pie filling

1 can (8.25 ounces) crushed pineapple in syrup, undrained

1 teaspoon grated orange peel

Spoon apple mixture into 6-ounce custard cups. Sprinkle with baked topping. Store any leftover topping in tightly covered container in refrigerator.

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Per serving: 247 Calories (kcal); 7g Total Fat; (24% calories from fat); 1g Protein; 47g Carbohydrate; 0mg Cholesterol; 206mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 vegetable; 1/2 Fruit; 1 1/2 Fat; 2 other Carbohydrates

NOTES : Utensils You Will Need

Pie plate, 9 x 1 1/2 inches • Fork • Dry-ingredient measuring cups

• Measuring spoons • Small sharp knife • Pot holders • 1 1/2-quart

- Measuring spoons • Small sharp knife • Ice cream holder • -
saucepan • Can opener • Grater • Six 6-ounce custard cups

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Mixed Roasted vegetables

Recipe By :

Serving Size : 8 Preparation Time : 0:00

Categories : Main and Side Dishes

vegetables

Amount	Measure	Ingredient -- Preparation Method
1	medium	eggplant (1 1/2 pounds) -- cut into 1 1/2-inch chunks
1	medium	green bell pepper -- cut into 1-inch pieces
1	medium	red bell pepper -- cut into 1-inch pieces
1	medium	onion -- cut into 8 wedges and separated
2	medium	zucchini -- cut into 1-inch pieces
1/2	pound	whole mushrooms
1/3	cup	chopped fresh basil OR dried basil leaves
2	tablespoons	

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3	tablespoons	olive or vegetable oil
2	tablespoons	red wine vinegar
1	teaspoon	dried oregano leaves
1/2	teaspoon	salt
1/4	teaspoon	pepper
1	medium	tomato -- seeded and cut into 2 inch pieces
		Grated Parmesan cheese -- if desired

Heat oven to 350°.

Place eggplant, bell peppers, onion, zucchini and mushrooms in 3-quart casserole. Sprinkle evenly with basil.

Mix oil, vinegar, oregano, salt and pepper. Drizzle evenly over vegetables.

Bake uncovered 30 minutes. Add tomatoes; toss to coat. Bake uncovered about 15 minutes longer or until vegetables are tender. Serve with cheese.

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Per serving: 85 calories (kcal); 5g Total Fat; (53% calories from fat); 2g Protein; 9g Carbohydrate; 0mg Cholesterol; 139mg Sodium
Food Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

NOTES : This also makes a tasty meatless main dish; just toss roasted vegetables with 8 ounces of cooked pasta.

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2130706543

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Mocha Macaroons

Recipe By :
Serving Size : 42 Preparation Time :0:00
Categories : Cookies & Brownies

Amount	Measure	Ingredient -- Preparation Method
3		egg whites
1	teaspoon	freeze-dried instant coffee (dry)
1/4	teaspoon	cream of tartar
1/8	teaspoon	salt
1/2	cup	sugar
2	tablespoons	cocoa
2	cups	flaked coconut

Heat oven to 300°. Grease cookie sheet lightly. Beat egg whites, coffee, cream of tartar and salt in medium bowl on high speed until foamy. Beat in sugar, 1 tablespoon at a time, on high speed. Continue beating until stiff. Do not overbeat. Fold in cocoa. Fold in coconut.

Drop mixture by rounded teaspoonfuls 1 inch apart onto cookie sheet.

Bake 20 to 25 minutes or until set. Cool 10 minutes; remove from cookie sheet. Cool on wire rack. Sprinkle with additional cocoa or drizzle with melted chocolate, if desired.

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Yield:

"42 Cookies"

Per serving: 28 calories (kcal); 1g Total Fat; (36% calories from fat); trace Protein; 4g Carbohydrate; 0mg Cholesterol; 19mg Sodium
Food Exchanges: 0 Grain(Starch); ■ Lean Meat; ■ Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 20216 0 0 0 0 2737

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Molasses Bran Muffins

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
3/4	cup	milk
1 1/2	cups	shreds of wheat bran cereal
1		egg
1/2	cup	vegetable oil
1/3	cup	molasses
1 1/4	cups	all-purpose® flour OR
1 1/4	cups	whole wheat flour
3	teaspoons	baking powder
1	teaspoon	salt

Heat oven to 400°. Grease bottoms only of 12 medium muffin cups, 2 1/2 x 1 1/4 inches, or line with paper baking cups. Pour milk on cereal in medium bowl and let stand 1 minute. Beat in egg, oil and molasses. Mix remaining ingredients. Stir into cereal mixture all at once just until flour is moistened (batter will be lumpy). Divide batter evenly among muffin cups. Bake about 20 minutes or until golden brown. Immediately remove from pan.

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Yield:

"12 Muffins"

Per serving: 181 calories (kcal); 10g Total Fat; (49% calories from fat); 3g Protein; 20g Carbohydrate; 18mg Cholesterol; 316mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; ■ Vegetable; 0 Fruit; 2 Fat; 1/2 Other Carbohydrates

NOTES : *If using self-rising flour, omit baking powder and salt.

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Multigrain Loaf (1 1/2-Pound Recipe)

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Bread Machine Breads

Amount	Measure	Ingredient -- Preparation Method
1 1/4	cups	water
2	tablespoons	margarine or butter -- softened
1 1/3	cups	bread flour
1 1/3	cups	whole wheat flour
1	cup	7-grain cereal
3	tablespoons	packed brown sugar
1 1/4	teaspoons	salt
2 1/2	teaspoons	bread machine yeast

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select whole wheat or Basic/white cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Yield:
"1 Loaf"

Per serving: 294 Calories (kcal); 23g Total Fat; (67% calories from fat); 4g Protein; 21g Carbohydrate; 55mg Cholesterol; 456mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 vegetable; 0 Fruit; 4 1/2 Fat; 0 Other Carbohydrates

NOTES : Look for 7-grain cereal in the health food or hot cereal section of your supermarket.

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Multigrain Loaf (1-Pound Recipe)

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Bread Machine Breads

Amount	Measure	Ingredient -- Preparation Method
3/4	cup	plus 2 tablespoons water
1	tablespoon	margarine or butter -- softened
1	cup	bread flour

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3/4	cup	whole wheat flour
2/3	cup	7-grain cereal
2	tablespoons	packed brown sugar
1	teaspoon	salt
2	teaspoons	bread machine yeast

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select whole wheat or Basic/White cycle, use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Yield:
"1 Loaf"

Per serving: 305 Calories (kcal); 25g Total Fat; (70% calories from fat); 4g Protein; 20g Carbohydrate; 62mg Cholesterol; 520mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 5 Fat; 0 Other Carbohydrates

NOTES : Look for 7-grain cereal in the health food or hot cereal section of your supermarket.

Nutr. Assoc. : 1582 4098 2394 0 0 0 0 2019

* Exported from MasterCook *

Mushroom Pita Bites

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Holiday

Amount	Measure	Ingredient -- Preparation Method
2		pita breads (6 inches in diameter)
2	cups	sliced mushrooms (about 5 ounces)*
1	small	red onion -- thinly sliced
1/4	cup	chopped green bell pepper
2	tablespoons	chopped fresh basil leaves OR
2	teaspoons	dried basil leaves
1	cup	finely shredded mozzarella cheese (4 ounces)
1	tablespoon	grated Parmesan cheese

Heat oven to 425°. Split each pita bread around edge in half, using knife. Place pita rounds, cut sides up, on ungreased cookie sheet. Arrange mushrooms on pita breads. Top with onion and bell pepper. Sprinkle with basil and cheeses. Bake 8 to 10 minutes or until cheese is melted. Cut each pita round into ■ pieces.

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Per serving: 103 Calories (kcal); 4g Total Fat; (34% calories from fat); 5g Protein; 12g Carbohydrate; 13mg Cholesterol; 152mg Sodium
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 other carbohydrates

NOTES : * 1 can (4 ounces) mushroom stems and pieces, drained, can be substituted for fresh mushrooms.

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Mystery Cake

Recipe By :
Serving Size : 9 Preparation Time : 0:00
Categories : Baking with Kids Cakes

Amount	Measure	Ingredient -- Preparation Method
		Shortening
		All-purpose flour
1 1/2	cups	all-purpose flour
1	cup	granulated sugar
2	tablespoons	margarine or butter -- softened
1	teaspoon	ground cinnamon
1	teaspoon	baking soda
1/2	teaspoon	salt
1/2	teaspoon	ground nutmeg
1/4	teaspoon	ground cloves
1	large	egg
1	(10 3/4 ounce)	can condensed tomato soup
1/2	cup	raisins
1/2	cup	chopped nuts
3	tablespoons	margarine or butter
3/4	cup	powdered sugar
1	teaspoon	vanilla
3	teaspoons	milk (3 to 4 teaspoons)

Heat oven to 325°.

Grease square pan with:
Shortening

Put small amount in pan and shake to coat, then pour out any extra:
All-purpose flour

Beat in large bowl with electric mixer on medium speed about 30 seconds,
scraping the bowl all the time, until mixed:

1 1/2 cups all-purpose flour
1 cup granulated sugar
2 tablespoons margarine or butter, softened
1 teaspoon ground cinnamon
1 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon ground nutmeg
1/4 teaspoon ground cloves
1 large egg
1 can (10 3/4 ounces) condensed tomato soup

Beat batter with electric mixer on high speed 3 minutes, scraping bowl a

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few times.

If you like, stir into batter:

1/2 cup raisins
1/2 cup chopped nuts

Spread batter in pan.

Adult help: Bake 37 to 43 minutes or until toothpick poked in center comes out clean. Cool on wire rack.

Adult help: Heat in 1 1/2-quart saucepan over medium heat until light brown:

3 tablespoons margarine or butter

Beat in:

3/4 cup powdered sugar
1 teaspoon vanilla
3 to 4 teaspoons milk

Frost cake with frosting.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Yield:

"1 Cake"

Per serving: 364 Calories (kcal); 12g Total Fat; (29% calories from fat); 5g Protein; 61g Carbohydrate; 21mg Cholesterol; 530mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 2 1/2 Fat; 2 Other Carbohydrates

NOTES : Utensils You Will Need

Square pan, 9 x 9 x 2 inches • Pastry Brush • Large Bowl •
Dry-ingredient measuring cups • Measuring spoons • Electric mixer
• Rubber scraper • Toothpick • 1 1/2-quart saucepan • Small
spatula

Tip

Beat in enough milk to make frosting spreadable. If frosting becomes too stiff to spread, stir in more milk, 1/2 teaspoon at a time.

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Oatmeal Brownies

Recipe By :
Serving Size : 46 Preparation Time :0:00
Categories : Cookies & Brownies

Amount	Measure	Ingredient -- Preparation Method
2 1/2	cups	quick-cooking or regular oats
3/4	cup	all-purpose flour
3/4	cup	packed brown sugar
1/2	teaspoon	baking soda
3/4	cup	margarine or butter -- melted Brownies -- (see recipe)

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Heat oven to 350°. Grease baking pan, 13 x 9 x 2 inches. Mix oats, flour, brown sugar and baking soda; stir in margarine. Reserve 3/4 cup of the oatmeal mixture. Press remaining oatmeal mixture in pan. Bake 10 minutes; cool 5 minutes.

Prepare Brownies as directed—except omit nuts. Spread dough over baked layer. Sprinkle with reserved oatmeal mixture.

Bake until brownies begin to pull away from sides of pan, about 35 minutes. (Do not overbake.) Cool; cut into about 1 1/2-inch squares.

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Yield:

"48 Brownies"

Per serving: 69 Calories (kcal); 4g Total Fat; (45% calories from fat); 1g Protein; 9g Carbohydrate; trace Cholesterol; 52mg Sodium
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

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Brownies

Recipe By :
Serving Size : 36 Preparation Time :0:00
Categories : Cookies & Brownies

Amount	Measure	Ingredient -- Preparation Method
4	(1 ounce) squares unsweetened chocolate	
2/3	cup shortening	
2	cups sugar	
4	eggs	
1	teaspoon vanilla	
1 1/4	cups all-purpose flour*	
1	cup chopped nuts, if desired	
1	teaspoon baking powder	
1	teaspoon salt	
		Glossy Chocolate Frosting -- (recipe follows)

GLOSSY CHOCOLATE FROSTING

3	(1 ounce) squares unsweetened chocolate
3	tablespoons shortening
2	cups powdered sugar
1/4	teaspoon salt
1/3	cup milk
1	teaspoon vanilla
1/2	cup finely chopped nuts, if desired

Heat oven to 350°. Grease baking pan, 13 x 9 x 2 inches. Heat chocolate and shortening in 3-quart saucepan over low heat until melted; remove from heat. Stir in sugar, eggs and vanilla. Mix in remaining ingredients. Spread in pan.

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Bake until brownies begin to pull away from side of pan, about 30 minutes. (Do not overbake.) Cool slightly; spread with Glossy Chocolate Frosting (see recipe), if desired. Cool completely; cut into bars, about 2 x 1 1/2 inches.

GLOSSY CHOCOLATE FROSTING:

Heat chocolate and shortening over low heat until melted. Stir in powdered sugar, salt, milk and vanilla; beat until smooth. Place pan of frosting in bowl of ice and water; continue beating until smooth and of spreading consistency. Stir in nuts.

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Yield:

"36 Brownies"

T(Bake):

"0:30"

Per serving: 202 Calories (kcal); 12g Total Fat; (49% calories from fat); 3g Protein; 24g Carbohydrate; 21mg Cholesterol; 97mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 2 Fat; 1 Other Carbohydrates

NOTES : *If using self-rising flour, omit baking powder and salt.

Nutr. Assoc. : 0 0 0 3218 0 14 2677 0 2130706543 0 0 0 0 0 0 0 0 2677

* Exported from MasterCook *

Onion Soufflé with Asparagus

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Main and Side Dishes

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	olive oil
2	tablespoons	butter
1	pound	pearl onions -- peeled and cut in half
1	(10 ounce) package	frozen asparagus spears*
2		flat anchovy fillets in oil -- drained
1/2	cup	all-purpose flour
1/2	cup	freshly grated Parmesan cheese
1	tablespoon	chopped fresh tarragon
1	teaspoon	freshly grated nutmeg
1	teaspoon	salt
1/2	teaspoon	pepper
4		eggs -- separated

Heat oven to 375°. Butter 6-cup soufflé dish. Heat oil and butter in 10-inch skillet over medium-high heat. Sauté onions in oil mixture, gently mashing, until soft; cool.

Cook asparagus as directed on package; drain well. Sprinkle flour over asparagus; toss until coated. Remove asparagus from flour, shaking off excess.

Place asparagus, onions and fillets of anchovy in food processor or in blender; cover and process until smooth. Mix asparagus mixture and

remaining ingredients except egg whites thoroughly.

Beat egg whites in large bowl on high speed until stiff but not dry. Fold asparagus mixture into egg whites. Carefully pour into soufflé dish.

Bake uncovered 30 to 40 minutes or until knife inserted halfway between center and edge comes out clean.

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Per serving: 514 Calories (kcal); 41g Total Fat; (70% calories from fat); 15g Protein; 23g Carbohydrate; 212mg Cholesterol; 1184mg Sodium
Food Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 7 1/2 Fat; 0 other Carbohydrates

NOTES : *1 1/2 pounds cooked fresh asparagus spears can be substituted for the frozen asparagus spears.

TIP

Soufflés stay fluffy and are easiest to serve when two forks or a fork and spoon are used to divide the servings.

Nutr. Assoc. : 0 0 ■ 3432 26004 0 3562 ■ 3388 0 0 0

* Exported from MasterCook *

onion-Anchovy Tart

Recipe By : [Sally](#) Serving Size : 35 Preparation Time :0:00
Categories : Appetizers [Breads](#)

Amount	Measure	Ingredient -- Preparation Method
3	tablespoons	olive or vegetable oil
3	large	onions -- thinly sliced
1	tablespoon	chopped fresh basil or thyme leaves
1/8	teaspoon	white pepper
1	(1 pound) loaf	frozen white or whole wheat bread dough -- thawed
2	(2 ounce) cans	anchovy fillets -- drained
10		oil-cured Greek olives -- cut in half and pitted

Heat oil in 10-inch skillet until hot. Stir in onions; reduce heat. Cover and cook about 25 minutes, stirring occasionally, until onions are very tender. Stir in basil and pepper.

Lightly grease cookie sheet. Shape bread dough into flattened rectangle on lightly floured surface. Roll dough with floured rolling pin into rectangle, 14 x 11 inches. Place on cookie sheet. Let stand 15 minutes.

Spoon onion mixture evenly over dough to within 1 inch of edge. Arrange anchovies in lattice pattern on onion mixture. Top with olives. Let stand 15 minutes.

Heat oven to 425°. Bake 15 to 20 minutes or until crust is brown. Cut into 2-inch squares.

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Yield:

"35 Appetizers"

Per serving: 61 calories (kcal); 2g Total Fat; (36% calories from fat); 2g Protein; 7g Carbohydrate; 3mg Cholesterol; 200mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 986 0 20028 0 345 0 3566

* Exported from MasterCook *

Orange-Currant Scones

Recipe By :
Serving Size : 20 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	currants
1/3	cup	margarine or butter
1 3/4	cups	all-purpose flour
3	tablespoons	sugar
2 1/2	teaspoons	baking powder
1/4	teaspoon	salt
1	tablespoon	grated orange peel
1		egg -- beaten
4	tablespoons	half-and-half (4 to 1/2 tablespoons)
1		egg white -- beaten

Heat oven to 400°. Soak currants in warm water for 10 minutes to soften; drain. Cut margarine into flour, sugar, baking powder and salt with pastry blender until mixture resembles fine crumbs. Stir in orange peel, egg, currants and just enough half-and-half until dough leaves side of bowl.

Turn dough onto lightly floured surface. Knead lightly 10 times. Divide dough into 2 parts. Roll or pat into two 6-inch circles about 1/2 inch thick. Place on ungreased cookie sheet; brush with beaten egg white.

Bake 10 to 12 minutes or until golden brown. Immediately remove from cookie sheet. Cut into wedges to serve.

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Description:

"Scones come from Scotland and are often cooked on a griddle. Here they are baked for ease—but not lack of flavor!"

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Yield:

"20 Scones"

Per serving: 93 calories (kcal); 4g Total Fat; (35% calories from fat); 2g

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Protein: 13g Carbohydrate: 10mg Cholesterol: 130mg Sodium
Food Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 4098 0 0 0 0 0 704 ■

* Exported from MasterCook *

overnight Danish Twists

Recipe By :
Serving Size : 27 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
2	packages	regular or quick active dry yeast
1/2	cup	warm water (105° to 115°)
4	cups	all-purpose flour*
1/3	cup	sugar
2	teaspoons	salt
1	cup	cold stick butter -- cut into small pieces**
4	large	eggs
1	cup	milk
		Jam or preserves
		Powdered Sugar Glaze -- (recipe follows)
		POWDERED SUGAR GLAZE
1 1/2	cups	powdered sugar
3/4	teaspoon	vanilla
2	tablespoons	water (2 to 3 tablespoons)
2	tablespoons	OR milk (2 to 3 tablespoons)

Dissolve yeast in warm water in large bowl. Mix in flour, sugar and salt. Cut in butter, using pastry blender or crisscrossing 2 knives, until mixture looks like fine crumbs.

Separate egg yolks from egg whites; refrigerate egg whites for later use. Stir egg yolks and milk into flour mixture until soft dough forms. Cover bowl with plastic wrap and refrigerate at least 8 hours but no longer than 24 hours. Lightly grease 2 large cookie sheets with shortening.

Punch down dough. Divide dough into 3 equal parts. Roll 1 part dough at a time into rectangle, 9 x 7 inches, on lightly floured surface. (If dough becomes too sticky while shaping, refrigerate 5 to 10 minutes.) Cut rectangle crosswise into nine 1-inch strips.

For each twist, pinch ends of each strip together to form ring, stretching strip slightly, then twist to form figure 8. Place at least 2 inches apart on cookie sheet. Brush with egg white. Let rise uncovered at room temperature about 25 minutes or until dough is puffy and loops fill in.

Heat oven to 350°.

Make an indentation in center of each loop. Fill with 1/2 to 1 teaspoon jam. Brush dough with egg white. Bake about 15 minutes or until light golden brown. Immediately remove to wire rack; cool slightly. Drizzle Powdered Sugar Glaze over warm twists.

To make the Powdered Sugar Glaze:

Mix all ingredients until smooth. If necessary, stir in additional water, 1/2 teaspoon at a time, until drizzling consistency.

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Yield:

"27 Twists"

Per serving: 180 Calories (kcal); 8g Total Fat; (39% calories from fat); 3g Protein; 24g Carbohydrate; 47mg Cholesterol; 241mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 1 1/2 Fat;
1/2 Other Carbohydrates

NOTES : * Do not use self-rising flour in this recipe.

** We do not recommend using margarine or vegetable oil spreads.
Nutr. Assoc. : 26366 5472 14 0 0 5136 0 0 0 2130706543 0 0 0 0 1582 0
2130706543

* Exported from MasterCook *

Overnight Lasagne

Recipe By :
Serving Size : 1 Preparation Time : 0:00
Categories : Main and Side Dishes Pasta

Amount	Measure	Ingredient -- Preparation Method
1	pound	ground beef
1	medium	onion -- chopped (about 1/2 cup)
1	clove	garlic -- crushed
1/3	cup	chopped fresh parsley leaves OR
2	tablespoons	dried parsley leaves
1	tablespoon	sugar
2	tablespoons	chopped fresh basil leaves OR
1 1/2	teaspoons	dried basil leaves
1	teaspoon	seasoned salt
1	(16 ounce) can	whole tomatoes -- undrained
1	(10 3/4 ounce) can	condensed tomato soup
1	(6 ounce) can	tomato paste
2 1/2	cups	water
12		uncooked lasagne noodles (about 12 ounces)
1	(12 ounce) container	creamed cottage cheese
2	cups	shredded Mozzarella cheese (8 ounces)
1/4	cup	grated Parmesan cheese

Cook and stir ground beef, onion and garlic in Dutch oven until beef is brown; drain. Stir in parsley, sugar, basil, seasoned salt, tomatoes, tomato soup, tomato paste and water; break up tomatoes. Heat to boiling, stirring occasionally; reduce heat. Simmer uncovered 20 minutes.

Spread 2 cups of the sauce mixture in ungreased rectangular baking dish, 13 x 9 x 2 inches. Top with 4 noodles. Spread half of the cottage cheese over noodles; spread with 2 cups of the sauce mixture. Sprinkle with 1 cup of the Mozzarella cheese. Repeat with 4 noodles, the remaining cottage cheese, 2 cups of the sauce mixture and the remaining Mozzarella cheese. Top with the remaining noodles and sauce mixture; sprinkle with Parmesan cheese. Cover and refrigerate up to 12 hours.

Heat oven to 350°. Bake covered 30 minutes. Uncover and bake until hot and

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bubbly, 30 to 40 minutes longer. Let stand 15 minutes before cutting.

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Per serving: 395 calories (kcal); 18g Total Fat; (39% calories from fat); 28g Protein; 32g Carbohydrate; 69mg Cholesterol; 1005mg Sodium
Food Exchanges: 1 1/2 Grain(starch); 3 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit;
1 1/2 Fat; 0 Other Carbohydrates

NOTES : Lasagne is an American favorite, always perfect for family meals, casual get-togethers and potluck suppers. While Americans use the word lasagne to mean a casserole made with lasagne noodles, cheese and tomato sauce, Italians use it to mean the wide noodles used in many kinds of Italian dishes.

Easy overnight lasagne: Substitute 6 1/2 cups prepared spaghetti sauce for the parsley, sugar, basil, seasoned salt, canned tomatoes, tomato soup, tomato paste and water. Stir sauce into drained beef mixture. Do not simmer. Continue as directed.

Nutr. Assoc. : 9018 0 0 20067 0 2130706543 ■ 20028 ■ 2130706543 0 2470 0 0
0 306 0 26153 ■

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Panettone

Recipe By :
Serving Size : 32 Preparation Time : 0:00
Categories : Cakes

Amount	Measure	Ingredient -- Preparation Method
2	packages	regular or quick-acting active dry yeast
1	cup	warm water (105° to 115°)
1/2	cup	sugar
1/2	cup	margarine or butter (1 stick) -- softened
3		eggs
1	teaspoon	salt
1	teaspoon	grated lemon peel
1	teaspoon	vanilla
5	cups	all-purpose flour (5 to 5 1/2 cups)
1/2	cup	golden raisins
1/2	cup	chopped citron
2	tablespoons	pine nuts or walnuts
		Margarine or butter -- softened

Dissolve yeast in warm water in large bowl. Stir in sugar, 1/2 cup margarine, the eggs, salt, lemon peel, vanilla and 2 1/2 cups of the flour. Beat until smooth. Stir in raisins, citron, pine nuts and enough flour to make dough easy to handle.

Turn dough onto lightly floured surface; gently roll in flour to coat. Knead about 5 minutes or until smooth and elastic. Place in greased bowl; turn greased side up. Cover and let rise in warm place 1 1/2 to 2 hours or until double. (Dough is ready if indentation remains when touched.)

Punch down dough; divide in half. Shape each half into round loaf, about 6 inches in diameter. Place each loaf in ungreased round pan, 8 x 1 1/2 inches. Cut an X shape 1/2 inch deep on top of each loaf.

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Generously grease one side of a strip of heavy brown paper, about 25 x 4 inches. Fit and coil paper around inside of pan, greased side toward center, forming a collar; fasten with paper clip. Repeat for second loaf. Cover and let rise about 1 hour or until double.

Heat oven to 350°. Bake 35 to 45 minutes or until golden brown. Remove loaves from pans to wire rack; remove paper. Brush margarine on tops of loaves; cool.

2 loaves (16 slices each)

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Yield:

"2 Loaves"

Per serving: 135 Calories (kcal); 4g Total Fat; (25% calories from fat); 3g Protein; 22g Carbohydrate; 27mg Cholesterol; 109mg Sodium
Food Exchanges: 1 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 26366 5472 0 2394 ■ 0 20084 ■ 14 0 2429 4489 0

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Parmesan-Tomato Muffins

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
1	cup	milk
1/4	cup	vegetable oil
1		egg
2	cups	all-purpose flour
1/4	cup	grated Parmesan cheese
1	tablespoon	chopped fresh basil leaves OR
1	teaspoon	dried basil leaves
2 1/2	teaspoons	baking powder
1/4	teaspoon	salt
1/2	cup	chopped sun-dried tomatoes in olive oil -- drained
1/4	cup	chopped pimiento-stuffed olives Grated Parmesan cheese

Heat oven to 400°. Grease bottoms only of 12 medium muffin cups, 2 1/2 x 1 1/4 inches, or line with paper baking cups. Beat milk, oil and egg in large bowl. Stir in flour, 1/4 cup Parmesan cheese, the basil, baking powder and salt just until flour is moistened. Fold in tomatoes and olives. Divide batter evenly among muffin cups (cups will be almost full). Sprinkle with Parmesan cheese.

Bake 18 to 20 minutes or until golden brown. Immediately remove from pan.

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Yield:

"12 Muffins"

Per serving: 156 Calories (kcal); 7g Total Fat; (41% calories from fat); 4g Protein; 18g Carbohydrate; 20mg Cholesterol; 233mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 20028 0 2130706543 0 0 1448 2678 0

* Exported from MasterCook *

Parsley Pinwheels and Ham Bake

Recipe By :

Serving Size : 8 Preparation Time :0:00

Categories : Main and Side Dishes Pork

Amount	Measure	Ingredient -- Preparation Method
2	cups	cut-up fully cooked smoked ham
1	(10 3/4 ounce) can	condensed cream of chicken soup
1/2	cup	chopped green pepper
1/2	cup	chopped onion
1	(2 ounce) jar	chopped pimiento -- drained
1/2	teaspoon	dry mustard
1/3	cup	shortening
1 3/4	cups	all-purpose flour*
2 1/2	teaspoons	baking powder
3/4	teaspoon	salt
3/4	cup	milk
1/2	cup	snipped parsley

Heat oven to 425°. Mix ham, soup, green pepper, onion, pimiento and mustard; pour into ungreased baking dish, 8 x 8 x 2 inches.

Cut shortening into flour, baking powder and salt with pastry blender until mixture resembles fine crumbs. Stir in just enough milk so dough leaves side of bowl and rounds up into a ball.

Turn dough onto lightly floured surface. Knead lightly 10 times. Roll into rectangle, 12 x 9 inches; sprinkle with parsley. Roll up, beginning at narrow end; pinch edge to seal. Cut into 1-inch slices. Arrange slices, cut sides up, on ham mixture.

Bake until biscuits are golden brown, 20 to 30 minutes.

6 to 8 servings

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Per serving: 296 Calories (kcal); 15g Total Fat; (47% calories from fat); 11g Protein; 28g Carbohydrate; 25mg Cholesterol; 111mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 1/2 Fat; 0 other Carbohydrates

NOTES : *If using self-rising flour, omit baking powder and salt.
Nutr. Assoc. : 2819 2946 20088 0 4487 ■ ■ 14 ■ ■ ■ 3394 0

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Partridge-in-a-Pear-Tree Pie

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Holiday Pies

Amount	Measure	Ingredient -- Preparation Method
3	cups	cranberries (12 ounces)
1 1/2	cups	sugar
1	(8 3/4 ounce)	can crushed pineapple -- drained (reserve syrup) Favorite Pastry for 9-Inch Two-Crust Pie -- (see recipe)
3	tablespoons	flour
1/4	teaspoon	salt
1/4	teaspoon	ground cinnamon
1	(8 ounce)	can pear halves -- drained and cut into halves Sugar

Cook cranberries, 1 1/2 cups sugar, the pineapple and 1/4 cup of the reserved syrup, stirring constantly, until cranberries are tender, about 5 minutes. Cool.

Prepare pastry as directed—except flute bottom crust. Mix flour, salt and cinnamon; stir into cranberry mixture. Pour into pastry-lined pie plate. Gently press pear slices spoke-fashion onto cranberry mixture.

Heat oven to 400°. After rolling pastry for top crust, cut partridge, leaf and pear shapes (see photograph). Sprinkle with sugar, if desired; place on ungreased cookie sheet.

Bake pastry cutouts and pie until cutouts and pie are golden brown, 7 to 10 minutes for cutouts and about 40 minutes for pie. Arrange cutouts on pie.

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Yield:
"1 Pie"

Per serving: 340 Calories (kcal); 9g Total Fat; (22% calories from fat); 2g Protein; 65g Carbohydrate; 8mg Cholesterol; 203mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; ■ Vegetable; 1 Fruit; 1 1/2 Fat; 2 1/2 Other Carbohydrates

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NOTES : You can fashion other pastry cutouts for your Christmas pies: Use a cookie cutter (bell, star, tree) or cut around your own patterns.

Nutr. Assoc. : 2928 0 0 0 0 0 0 0 0

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Favorite Pastry for 9-Inch Two-Crust Pie

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method
2	cups	all-purpose flour
1	teaspoon	salt
2/3	cup	lard
		OR
2/3	cup	plus 2 tablespoons shortening
4	tablespoons	cold water (4 to 5 tablespoons)

Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons water can be added if necessary).

Divide pastry in half and shape into 2 flattened round on lightly floured cloth-covered surface.

Roll pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.

Turn desired filling into pastry-lined pie plate. Trim overhanging edge of pastry 1/2 inch from rim of plate. Roll other round of pastry. Fold into fourths; cut slits so steam can escape.

Place over filling and unfold. Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll top edge under lower edge, pressing on rim to seal. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. Or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into V shape; pinch again to sharpen.

For Baked Pie Shell: Heat oven to 475°. Prick bottom and side thoroughly with fork. Bake 8 to 10 minutes or until light brown; cool.

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Yield:

"2 Crusts"

Per serving: 268 Calories (kcal); 17g Total Fat; (59% calories from fat); 3g Protein; 24g Carbohydrate; 16mg Cholesterol; 267mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 3 1/2 Fat; 0 Other Carbohydrates

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Pasta Casserole

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Main and Side Dishes

Pasta

Amount	Measure	Ingredient -- Preparation Method
1	(16 ounce) package	mostaccioli pasta
1	(26 ounce) jar	spaghetti sauce (1 jar, 26 to 30 ounces)
1	(15 ounce) container	Ricotta cheese
1	(10 ounce) package	frozen chopped spinach -- thawed and squeezed to drain
2		green onions -- chopped
2	tablespoons	sliced pimiento-stuffed olives
2	tablespoons	grated Parmesan cheese
1	tablespoon	chopped fresh parsley
		OR
1	teaspoon	dried parsley flakes
1/8	teaspoon	pepper

Heat oven to 375°. Cook pasta as directed on package; drain. Mix pasta and remaining ingredients. Spoon into ungreased rectangular baking dish, 13 x 9 x 2 inches. Cover and bake about 40 minutes or until hot and bubbly.

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T(Bake):
"0:40"

Per serving: 421 Calories (kcal); 13g Total Fat; (27% calories from fat); 17g Protein; 61g Carbohydrate; 28mg Cholesterol; 574mg Sodium
Food Exchanges: 3 Grain(Starch); 1 Lean Meat; 3 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates

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Pastitsio

Recipe By :
Serving Size : ■ Preparation Time :0:00
Categories : Main and Side Dishes

Pasta

Amount	Measure	Ingredient -- Preparation Method
1	(16 ounce) package	rigatoni pasta
1/2	pound	extra-lean ground beef
1	medium	onion -- chopped (about 1/2 cup)
1/4	teaspoon	salt

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1/4	teaspoon	ground allspice
1/4	teaspoon	ground cinnamon
1/4	teaspoon	ground nutmeg
1/2	cup	dry white wine
		OR
1/2	cup	water
1	(6 ounce) can	no-salt-added tomato paste
1	tablespoon	margarine
1/4	cup	all-purpose flour
2	(12 ounce) cans	evaporated skinned milk
1	(14 1/2 ounce) can	1/3 less-salt clear chicken broth
1/4	teaspoon	pepper
1	cup	crumbled Feta cheese (4 ounces)
1/4	cup	chopped fresh parsley

Heat oven to 350°. Grease rectangular baking dish, 13 x 9 x 2 inches. Cook and drain pasta as directed on package. While pasta is cooking, cook ground beef and onion in 10-inch nonstick skillet over medium heat, stirring occasionally, until beef is brown; drain. Stir in salt, allspice, cinnamon, nutmeg, wine and tomato paste; remove from heat and reserve.

Melt margarine in 3-quart saucepan over medium heat. Stir in flour. Cook, stirring frequently, until bubbly. Stir in milk, broth and pepper. Cook, stirring frequently with wire whisk, until mixture begins to thicken (do not boil). Stir in cheese and parsley until cheese is melted. Stir in pasta.

Spread half of the pasta mixture in baking dish. Spread beef mixture evenly over pasta mixture. Spread remaining pasta mixture over beef mixture. Bake uncovered 30 minutes.

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T(Bake):
"9:30"

Per serving: 447 Calories (kcal); 11g Total Fat; (21% calories from fat); 25g Protein; 62g Carbohydrate; 37mg Cholesterol; 438mg Sodium
Food Exchanges: 3 Grain(Starch); 1 1/2 Lean Meat; 1 vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 4363 9018 0 0 0 0 0 0 0 2130706543 26425 0 0 551 20115 0
20048 0

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Peach-Almond Shortcake

Recipe By : [Desserts](#)
Serving Size : 8 Preparation Time :0:00
Categories : Cakes

Amount	Measure	Ingredient -- Preparation Method
2	cups	all-purpose flour
2	tablespoons	sugar
3	teaspoons	baking powder
1	teaspoon	salt

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1/3	cup	shortening
3/4	cup	milk
1	tablespoon	margarine or butter -- softened
1/4	cup	packed brown sugar
1/2	cup	slivered almonds
4	cups	Almond Whipped Cream -- (recipe follows)
		sweetened sliced peeled peaches
ALMOND WHIPPED CREAM		
1	cup	whipping (heavy) cream -- chilled
3	tablespoons	sugar
1/2	teaspoon	almond extract

Heat oven to 450°. Grease round pan, 9 x 1 1/2 inches. Mix flour, 2 tablespoons sugar, the baking powder and salt, cut in shortening. Stir in milk. Spread in pan; brush with margarine. Sprinkle with brown sugar and almonds.

Bake until golden brown, about 20 minutes. Remove from pan; cool slightly. Split shortcake to make 2 layers. Fill layers with half of the Almond Whipped Cream and peaches. Top each serving with remaining whipped cream and peaches.

ALMOND WHIPPED CREAM:

Beat all ingredients in chilled bowl until soft peaks form.

■ to ■ servings

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Per serving: 466 Calories (kcal); 27g Total Fat; (50% calories from fat); 7g Protein; 52g Carbohydrate; 44mg Cholesterol; 493mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; ■ Vegetable; 1/2 Fruit; 5 Fat;
1 Other Carbohydrates

Nutr. Assoc. : 0 0 ■ 0 ■ 0 4098 0 0 2130706543 4980 0 0 721 0 0

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Peachy Cornish Game Hens

Recipe By :
Serving Size : 2 Preparation Time :0:00
Categories : Game Holiday
Main and Side Dishes

Amount	Measure	Ingredient -- Preparation Method
2		Rock Cornish hens (3/4 to 1 pound each)
		Salt
		Margarine or butter -- melted
		Orange Rice -- (recipe follows)
1/4	cup	peach jam
		OR
1/4	cup	orange marmalade
1	teaspoon	soy sauce
1	clove	garlic -- finely chopped

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		ORANGE RICE
1/2	cup	uncooked regular long grain rice
1	teaspoon	grated orange peel
1/4	teaspoon	ground nutmeg
2	medium	carrots -- sliced (about 1 cup)*
1	cup	hot chicken broth
2	tablespoons	orange juice
1	tablespoon	chopped fresh parsley

Heat oven to 350°. Sprinkle cavities of hens with salt. Place breast sides up, on oven rack in shallow pan. Brush with margarine.

Roast uncovered 45 minutes, brushing with margarine 3 or 4 times.

While hens are roasting prepare Orange Rice. Add to oven with hens 35 minutes before hens are done. Mix jam, soy sauce and garlic. Brush hens with jam mixture.

Roast uncovered about 15 minutes longer, brushing once with jam mixture, until juices run clear. Serve with Orange Rice.

ORANGE RICE:

When grating orange peel, be sure not to grate in the white section—it has a bitter flavor.

Heat oven to 350°. Mix rice, orange peel and nutmeg in ungreased 1-quart casserole. Stir in carrots and broth. Cover and bake 30 to 35 minutes or until liquid is absorbed. Sprinkle with orange juice. Add parsley; toss until well mixed. Let stand 5 minutes before serving.

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Per serving: 1004 Calories (kcal); 50g Total Fat; (44% calories from fat); 65g Protein; 72g Carbohydrate; 339mg Cholesterol; 804mg Sodium
Food Exchanges: 2 1/2 Grain(Starch); 8 1/2 Lean Meat; 1 1/2 vegetable; 0 Fruit;
5 Fat; 1 1/2 Other Carbohydrates

NOTES : *Use 1 cup frozen sliced carrots instead of preparing fresh carrots.

Nutr. Assoc. : 4770 0 4098 2130706543 4386 0 2130706543 0 0 0 0 209 0 0 0
327 0 0

* Exported from MasterCook *

Peachy Pinwheels

Recipe By :
Serving Size : 60 Preparation Time :0:00
Categories : Cookies & Brownies

Amount	Measure	Ingredient -- Preparation Method
1	cup	finely chopped dried peaches
3/4	cup	water
1/2	cup	sugar
1/2	teaspoon	freshly ground nutmeg
1/2	cup	margarine or butter -- softened

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1/4	cup	shortening
1	cup	sugar
2		eggs
1	teaspoon	vanilla
2 1/2	cups	all-purpose flour
1	teaspoon	baking powder
1/4	teaspoon	salt

Mix peaches, water, 1/2 cup sugar and the nutmeg in 1-quart saucepan. Heat to boiling; reduce heat. Cover and simmer about 35 minutes or until peaches are tender and water is almost absorbed; cool slightly. Mash with fork.

Mix margarine, shortening, 1 cup sugar, the eggs and vanilla. Stir in remaining ingredients. Cover and refrigerate at least 1 hour.

Divide dough in half. Roll each half into rectangle, 11 x 7 inches, on floured surface. Spread half of the peach mixture to within 1/2 inch of edges of each rectangle. Roll up tightly, beginning at long side. Pinch to seal. Wrap and refrigerate at least 4 hours or until firm.

Heat oven to 375°. Cut roll into 1/4-inch slices. Place on ungreased cookie sheet.

Bake about 10 minutes or until light brown; cool.

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Yield:

"60 Cookies"

T(Bake):

"0:10"

Per serving: 68 calories (kcal); 3g Total Fat; (33% calories from fat); 1g Protein; 11g Carbohydrate; 6mg Cholesterol; 37mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

NOTES : For the freshest nutmeg flavor, grate your own nutmeg.
Nutr. Assoc. : 3137 0 0 3620 4098 0 0 0 0 0 0 0

* Exported from MasterCook *

Peanut Butter Buttercream Frosting

Recipe By :
Serving size : 16 Preparation Time :0:00
Categories : Cakes

Desserts

Amount	Measure	Ingredient -- Preparation Method
3	cups	powdered sugar
1/3	cup	peanut butter
1 1/2	teaspoons	vanilla
1/4	cup	milk

Mix powdered sugar and peanut butter in medium bowl. stir in vanilla and milk.

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Beat until smooth and spreadable. Frost one 13 x 9-inch cake or fills and
frosts one 8- or 9-inch two-layer cake.

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approved Betty Crocker® Recipe.

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Yield:
"2 1/4 Cups"

Per serving: 123 Calories (kcal); 3g Total Fat; (20% calories from fat); 1g
Protein; 24g Carbohydrate; 1mg Cholesterol; 27mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1
1/2 Other Carbohydrates

NOTES : Tip
Place all ingredients in food processor. Cover and process,
stopping occasionally to scrape sides, until smooth and
spreadable.

Nutr. Assoc. : 0 0 0 0

* Exported from MasterCook *

Pear Tart Tatin

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Holiday Pies

Amount	Measure	Ingredient -- Preparation Method
2	tablespoons	margarine or butter
1/2	cup	packed brown sugar
■	medium	pears or tart apples (about 3 pounds) -- peeled, cored and cut into eighths
1/2 (17 1/4 ounce)	package	frozen puff pastry -- thawed Pear Chantilly Cream -- (recipe follows)
		PEAR CHANTILLY CREAM
1	cup	whipping (heavy) cream
1	tablespoon	pear liqueur, pear brandy, apple brandy or apple juice

Heat margarine and brown sugar in 10-inch ovenproof skillet over medium heat, stirring constantly, until melted. Stir in pears. Cook 20 to 25 minutes, stirring frequently, until syrup thickens; remove from heat. If desired, use two forks and arrange pear slices overlapping in a pinwheel pattern.

Heat oven to 400°. Roll pastry into 10 1/2-inch square on lightly floured surface. Cut into 10 1/2-inch circle. Fold pastry into fourths; cut slits so steam can escape. Place over pears in skillet and unfold; carefully tuck edge down around pears.

Bake 15 to 20 minutes or until brown. Let stand 5 minutes; invert onto heatproof serving plate. Serve with Pear Chantilly Cream.

PEAR CHANTILLY CREAM:

Beat ingredients in chilled medium bowl until soft peaks form.

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Per serving: 429 Calories (kcal); 26g Total Fat; (53% calories from fat); 3g Protein; 47g Carbohydrate; 41mg Cholesterol; 127mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1 Fruit; 5 Fat; 1 Other Carbohydrates

Nutr. Assoc. : 4098 0 4410 26911 2130706543 ■ 0 1616 26031

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Pecan Pie

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method
		Favorite Pastry for One-Crust Pie -- (see recipe)
2/3	cup	sugar
1/3	cup	stick margarine or butter -- melted*
1	cup	corn syrup
1/2	teaspoon	salt
3	large	eggs
1	cup	pecan halves or broken pecans

Heat oven to 375°. Prepare pastry.

Beat sugar, margarine, corn syrup, salt and eggs in medium bowl with wire whisk or hand beater until well blended. Stir in pecans. Pour into pastry-lined pie plate.

Bake 40 to 50 minutes or until center is set.

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Yield:
"1 Pie"

Per serving: 496 Calories (kcal); 27g Total Fat; (47% calories from fat); 5g Protein; 63g Carbohydrate; 78mg Cholesterol; 426mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 5 Fat; 3 Other Carbohydrates

NOTES : *Spreads with at least 65% vegetable oil can be substituted.

Lighter Pecan Pie: For less fat and fewer calories per serving, decrease the margarine to 1/4 cup. Substitute 1 egg plus 4 egg whites for the 3 eggs. Add 1 teaspoon vanilla with the egg.

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Substitute 1/2 cup quick-cooking or old-fashioned oats and 1/2 cup chopped pecans for the 1 cup pecan halves.

Kentucky Pecan Pie: Add 2 tablespoons bourbon with the corn syrup. Stir in 1 package (6 ounces) semisweet chocolate chips (1 cup) with the pecans.

Nutr. Assoc. : 0 0 4098 0 0 0 4431

* Exported from MasterCook *

Favorite Pastry for 9-Inch One-Crust Pie

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method
1	cup	all-purpose flour
1/2	teaspoon	salt
1/3	cup	lard
		OR
1/3	cup	plus 1 tablespoon shortening
2	tablespoons	cold water (2 to 3 tablespoons)

Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons water can be added if necessary).

Gather pastry into ball; shape into flattened round on lightly floured cloth-covered surface.

Roll pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.

Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll pastry under, even with plate. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. Or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into V shape; pinch again to sharpen. Fill and bake as directed in recipe.

For Baked Pie Shell: Heat oven to 475°. Prick bottom and side thoroughly with fork. Bake 8 to 10 minutes or until light brown; cool.

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Yield:
"1 Crust"

Per serving: 134 Calories (kcal); 9g Total Fat; (59% calories from fat); 2g Protein; 12g Carbohydrate; 8mg Cholesterol; 134mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

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Peppernuts

Recipe By :
Serving Size : 96 Preparation Time :0:00
Categories : Cookies & Brownies Holiday

Amount	Measure	Ingredient --- Preparation Method
3/4	cup	packed brown sugar
1/2	cup	shortening
1/2	cup	light molasses
1	tablespoon	hot water
1		egg
3	drops	anise oil
		OR
1/2	teaspoon	anise extract
3 1/3	cups	all-purpose flour
1/2	teaspoon	baking soda
1/2	teaspoon	ground cinnamon
1/2	teaspoon	ground cloves
1/4	teaspoon	salt
1/8	teaspoon	white pepper

Heat oven to 350°. Mix brown sugar, shortening, molasses, water, egg and anise oil in large bowl. Stir in remaining ingredients. Knead dough until stiff enough to mold. Shape dough into 3/4-inch balls. Place about 1 inch apart on ungreased cookie sheet.

Bake about 12 minutes or until bottoms are golden brown. Remove from cookie sheet. Cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"These spicy, crunchy morsels are Christmas favorites. The traditional German spelling is Pfeffernusse, and many people like to call them by this name."

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Yield:

"96 Cookies"

Per serving: 37 Calories (kcal); 1g Total Fat; (28% calories from fat); 1g Protein; 6g Carbohydrate; 2mg Cholesterol; 14mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : For traditionally hard Peppernuts, store in airtight container.
For softer cookies, store with an apple or orange slice in
airtight container, replacing fruit slice frequently.

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Pepperoni Pizza Bread (1 1/2-Pound Recipe)

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Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Bread Machine

Breads

Amount	Measure	Ingredient -- Preparation Method
1	cup	plus 2 tablespoons water
3	cups	bread flour
1/3	cup	shredded Mozzarella cheese
2	tablespoons	sugar
1 1/2	teaspoons	garlic salt
1 1/2	teaspoons	dried oregano leaves
1 3/4	teaspoons	bread machine yeast
2/3	cup	sliced pepperoni

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer. Add pepperoni at the Raisin/Nut signal or 5 to 10 minutes before last kneading cycle ends.

Select Basic/White cycle. Use Medium or Light crust color. Do not use delay cycles. Remove baked bread from pan and cool on wire rack.

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Yield:
"1 Loaf"

Per serving: 210 calories (kcal); 7g Total Fat; (31% calories from fat); 8g Protein; 28g Carbohydrate; 13mg Cholesterol; 539mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat;
0 Other Carbohydrates

NOTES : We do not recommend this recipe for 1 1/2-pound bread machines with cast-aluminum pans in horizontal-loaf shape.
Nutr. Assoc. : 1582 0 0 0 3133 2019 0

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Pepperoni Pizza Bread (1-Pound Recipe)

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Bread Machine

Breads

Amount	Measure	Ingredient -- Preparation Method
3/4	cup	water
2	cups	bread flour
1/4	cup	shredded Mozzarella cheese
1	tablespoon	sugar
1	teaspoon	garlic salt
1	teaspoon	dried oregano leaves
1	teaspoon	bread machine yeast
1/2	cup	sliced pepperoni

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Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make
1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the
order recommended by the manufacturer. Add pepperoni at the Raisin/Nut
signal or 5 to 10 minutes before last kneading cycle ends.

Select Basic/white cycle. Use Medium or Light crust color. Do not use
delay cycles. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.

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Yield:

"1 Loaf"

Per serving: 217 Calories (kcal); 8g Total Fat; (33% calories from fat); 8g
Protein; 27g Carbohydrate; 15mg Cholesterol; 574mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat;
0 Other Carbohydrates

NOTES : We do not recommend this recipe for 1 1/2-pound bread machines
with cast-aluminum pans in horizontal-loaf shape.

Nutr. Assoc. : 0 0 0 0 0 3133 2019 0

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Pepperoni Pizza-Hamburger Pie

Recipe By :
Serving Size : 8 Preparation Time : 0:00
Categories : Beef Main and side dishes

Amount	Measure	Ingredient -- Preparation Method
1	pound	lean ground beef
1/3	cup	dry bread crumbs
1	large	egg
1 1/2	teaspoons	chopped fresh oregano leaves OR
1/2	teaspoon	dried oregano leaves
1/4	teaspoon	salt
1/2	cup	sliced mushrooms
1	small	green bell pepper
1/3	cup	chopped pepperoni (2 ounces)
1/4	cup	sliced ripe olives
1	cup	spaghetti sauce
1	cup	shredded Mozzarella cheese (4 ounces)

Heat oven to 400°. Mix beef, bread crumbs, egg, oregano and salt; press
evenly against bottom and side of ungreased pie plate, 9 x 1 1/4 inches.
Sprinkle mushrooms, bell pepper, pepperoni and olives into meat-lined
plate. Pour spaghetti sauce over toppings.

Bake uncovered 25 minutes or until beef is no longer pink in center and
juice is clear; carefully drain. Sprinkle with cheese. Bake about 5
minutes longer or until cheese is light brown. Let pie stand 5 minutes
before cutting.

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Description:

"Ring a new change on a family favorite! This pie has the flavors of traditional pizza—but with a ground beef crust!"

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Yield:

"1 Pie"

Per serving: 362 Calories (kcal); 23g Total Fat; (58% calories from fat); 24g Protein; 14g Carbohydrate; 105mg Cholesterol; 791mg Sodium
Food Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 9018 0 0 26053 0 2130706543 0 0 0 4441 4971 0 922

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Pesto

Recipe By :
Serving Size : II Preparation Time : 0:00
Categories : Main and Side Dishes

Sauces

Amount	Measure	Ingredient -- Preparation Method
2	cups	firmly packed fresh basil leaves
3/4	cup	grated Parmesan cheese
3/4	cup	olive or vegetable oil
1/4	cup	pine nuts
3	cloves	garlic

Place all ingredients in blender or food processor. Cover and blend on medium speed about 3 minutes, stopping occasionally to scrape sides, until smooth. Toss with hot cooked pasta, if desired.

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Yield:

"1 1/3 Cups"

Per serving: 323 Calories (kcal); 33g Total Fat; (91% calories from fat); 5g Protein; 2g Carbohydrate; 8mg Cholesterol; 191mg Sodium
Food Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 6 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 3333 0 986 901127 0

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Pesto Biscuits

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Recipe By :
Serving Size : 10 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
1/3	cup	shortening
1/4	cup	pesto
2	cups	all-purpose flour
3	teaspoons	baking powder
1/2	teaspoon	salt
1/2	cup	milk (about) Grated Parmesan cheese

Heat oven to 450°. Cut shortening and pesto into flour, baking powder and salt with pastry blender in large bowl until mixture resembles fine crumbs. Stir in just enough milk so dough leaves side of bowl and forms a ball.

Turn dough onto lightly floured surface; gently roll in flour to coat. Knead lightly 10 times. Roll or pat 1/2 inch thick. Cut with floured 2 1/2-inch biscuit cutter. Place about 1 inch apart on ungreased cookie sheet. Sprinkle with cheese.

Bake 10 to 12 minutes or until golden brown. Immediately remove from cookie sheet. Serve hot.

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Yield:
"10 Biscuits"

Per serving: 188 Calories (kcal); 10g Total Fat; (48% calories from fat); 4g Protein; 20g Carbohydrate; 2mg Cholesterol; 301mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 4449 0 0 0 4038 0

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Pesto Pinwheels

Recipe By :
Serving Size : 40 Preparation Time :0:00
Categories : Appetizers Holiday

Amount	Measure	Ingredient -- Preparation Method
1	(17 1/4 ounce) package	frozen puff pastry -- thawed
1	cup	Spinach Pesto -- (see recipe)
		OR
1	cup	other prepared pesto
1		egg -- beaten

Heat oven to 400°. Roll each sheet of puff pastry on a very lightly floured surface into rectangle, 14 x 10 inches. Spread 1/2 cup of the

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Spinach Pesto evenly over each rectangle to within 1/2 inch of long sides. Loosely roll pastry from narrow end; brush edge of roll with egg and pinch into roll to seal. Cut into 1/2-inch slices, using sharp knife. Place on ungreased cookie sheet.

Bake ■ to 10 minutes or until golden brown.

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Yield:

"40 Appetizers"

Per serving: 78 calories (kcal); 6g Total Fat; (65% calories from fat); 1g Protein; 6g Carbohydrate; 5mg Cholesterol; 41mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

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spinach Pesto

Recipe By :
Serving Size : 60 Preparation Time :0:00
Categories : Holiday

Sauces

Amount	Measure	Ingredient -- Preparation Method
4	cups	firmly packed spinach (10 to 12 ounces)
1	cup	firmly packed fresh basil OR
1/2	cup	dried basil leaves
1	cup	grated Parmesan cheese
1	cup	olive oil
1/2	cup	chopped pine nuts OR
1/2	cup	chopped walnuts
1/2	teaspoon	salt
1/4	teaspoon	pepper
8	cloves	garlic

Place 2 cups of spinach and remaining ingredients in food processor. Cover and process 1 minute. Add remaining spinach and process about 2 minutes, stopping processor occasionally to scrape sides, until finely chopped and smooth. (Or place all ingredients except spinach in blender. Cover and blend on high speed about 1 minute, stopping blender occasionally to scrape sides. Add spinach, 1 cup at a time, blending until smooth after each addition.) Store covered in refrigerator up to 3 days or in freezer up to 3 months.

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Yield:
"7 1/2 CUPS"

Per serving: 45 Calories (kcal); 5g Total Fat; (88% calories from fat); 1g Protein; trace Carbohydrate; 1mg Cholesterol; 44mg Sodium
Food Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 1423 3332 0 2130706543 ■ ■ 20187 ■ 2130706543 0 0 0

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Pesto-Tomato Bread (1 1/2-Pound Recipe)

Recipe By : [Brenda](#) Serving Size : 12 Preparation Time :0:00
Categories : Bread Machine [Breads](#)

Amount	Measure	Ingredient -- Preparation Method
1/3	cup	coarsely chopped, softened* sun-dried tomatoes (not oil packed)
1	cup	plus 2 tablespoons water
1/3	cup	pesto
3	cups	bread flour
2	tablespoons	sugar
1 1/2	teaspoons	salt
1 1/4	teaspoons	bread machine yeast

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/white cycle. Use Medium or Light crust color. Do not use delay cycles. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"The pesto adds a wonderful flavor to this bread. You can use any pesto you want, whether it is conveniently bought from the grocery store or you make it yourself with your favorite recipe. Either way, it's delicious!"

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yield:

"1 Loaf"

Per serving: 170 Calories (kcal); 4g Total Fat; (19% calories from fat); 6g Protein; 28g Carbohydrate; 2mg Cholesterol; 343mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat;
0 other Carbohydrates

NOTES : *Soak tomatoes in 1 cup very hot water about 10 minutes or until softened; drain.

Nutr. ASSOC. : 1447 1582 4449 0 ■ ■ 2019

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Pesto-Tomato Bread (1-Pound Recipe)

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Bread Machine Breads

Amount	Measure	Ingredient -- Preparation Method
1/4	cup	coarsely chopped, softened* sun-dried tomatoes (not oil packed)
3/4	cup	water
1/4	cup	pesto
2	cups	bread flour
1	tablespoon	sugar
1	teaspoon	salt
3/4	teaspoon	bread machine yeast

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/white cycle. Use Medium or Light crust color. Do not use delay cycles. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"The pesto adds a wonderful flavor to this bread. You can use any pesto you want, whether it is conveniently bought from the grocery store or you make it yourself with your favorite recipe. Either way, it's delicious!"

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Yield:

"1 Loaf"

Per serving: 173 Calories (kcal); 4g Total Fat; (21% calories from fat); 6g Protein; 28g Carbohydrate; 2mg Cholesterol; 352mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : *Soak tomatoes in 1 cup very hot water about 10 minutes or until softened; drain.

NUTR. ASSOC. : 1447 0 4449 ■ ■ ■ 2019

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Pizza Bites

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Appetizers Baking with Kids
Breads

Amount	Measure	Ingredient -- Preparation Method
		Page 279

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3 English muffins
2 tablespoons margarine or butter -- softened
1/8 teaspoon instant minced garlic
1/2 (3 1/2 ounce) package thinly sliced pepperoni
1 cup shredded Mozzarella cheese (4 ounces)
1/2 teaspoon dried oregano leaves

Heat oven to 425°.

Split with fork, then toast:
3 English muffins

Mix in small bowl with spoon, then spread on muffin halves:
2 tablespoons margarine or butter, softened
1/8 teaspoon instant minced garlic

Cut each muffin half into 4 wedges. Put wedges, with sides touching, on cookie sheet.

Put 1 slice on each muffin wedge:
About 1/2 package (3 1/2-ounce size) thinly sliced pepperoni

sprinkle over muffin wedges:
1 cup shredded Mozzarella cheese (4 ounces)
1/2 teaspoon dried oregano leaves

Bake 8 to 10 minutes or until cheese is melted. Separate into wedges.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Per serving: 203 Calories (kcal); 13g Total Fat; (56% calories from fat); 8g Protein; 14g Carbohydrate; 23mg Cholesterol; 424mg Sodium
Food Exchanges: 1 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Utensils You will Need
Toaster • Small bowl • Small sharp knife • Measuring spoons •
Spoon • Sharp knife • Cutting board • Cookie sheet •
Dry-ingredient measuring cup • Pot holders
NUTR. ASSOC. : 0 4098 20130 4441 26153 1016

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Pizza Casserole

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Casseroles Main and Side Dishes
 Pasta

Amount	Measure	Ingredient -- Preparation Method
4	cups	uncooked wagon wheel pasta (8 ounces)
1/2	pound	bulk Italian sausage
1/4	cup	sliced ripe olives
1	(4 ounce) can	mushroom stems and pieces -- drained
1	(28 ounce) jar	spaghetti sauce
1	cup	shredded Mozzarella cheese (4 ounces)

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Heat oven to 350°.

Cook and drain pasta as directed on package.

While pasta is cooking, cook sausage in 10-skillet over medium-high heat, stirring occasionally, until no longer pink; drain. Mix pasta, sausage and remaining ingredients except cheese in ungreased 2 1/2-quart casserole.

Cover and bake about 30 minutes or until hot and bubbly. Sprinkle with cheese. Bake uncovered about 5 minutes or until cheese is melted.

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Per serving: 606 Calories (kcal); 25g Total Fat; (36% calories from fat); 21g Protein; 75g Carbohydrate; 46mg Cholesterol; 1145mg Sodium
Food Exchanges: 3 1/2 Grain(Starch); 1 1/2 Lean Meat; 4 1/2 Vegetable; 0 Fruit;
4 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 4363 3775 4971 2461 0 26153

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Pocket Pizza

Recipe By :
Serving Size : 2 Preparation Time : 0:00
Categories : Baking with Kids

Amount	Measure	Ingredient -- Preparation Method
1	cup	all-purpose flour
1/3	cup	milk
2	tablespoons	vegetable oil
1	teaspoon	baking powder
1/2	teaspoon	salt
		shortening
		vegetable oil
1/4	cup	pizza sauce
1/2	cup	shredded Mozzarella cheese (2 ounces)
1	tablespoon	finely chopped onion
		OR
1/4	teaspoon	onion powder
1/8	teaspoon	garlic powder (1/8 to 1/4 teaspoon)
1/2 (3 1/2 ounce)	(3 1/2 ounce) package	thinly sliced pepperoni
2	tablespoons	pizza sauce (2 to 3 tablespoons)
1/2	cup	shredded Mozzarella cheese (2 ounces)

Stir hard in small bowl with wooden spoon until dough leaves side of bowl (if dough seems dry, add 1 to 2 tablespoons milk):

1 cup all-purpose flour
1/3 cup milk
2 tablespoons vegetable oil
1 teaspoon baking powder
1/2 teaspoon salt

Sprinkle a clean surface (such as a kitchen counter or bread board) with flour. Put dough on surface. Roll ball of dough around 3 or 4 times. Knead

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dough quickly and lightly by folding, pressing and turning. Repeat 10 times. Cover dough with bowl and let stand 15 minutes.

Heat oven to 425°.

Grease cookie sheet with:
shortening

Roll or pat dough into 12-inch circle on lightly floured surface. Fold dough loosely in half. Put dough on cookie sheet, then unfold.

Brush dough lightly, using pastry brush, with:
Vegetable oil

Layer on half of the dough circle in the order listed:

1/4 cup pizza sauce
1/2 cup shredded Mozzarella cheese (2 ounces)
1 tablespoon finely chopped onion or 1/4 teaspoon onion powder
1/8 to 1/4 teaspoon garlic powder
About 1/2 package (3 1/2-ounce size) thinly sliced pepperoni
2 to 3 tablespoons pizza sauce
Another 1/2 cup shredded Mozzarella cheese (2 ounces)

Fold dough over filling. Turn edge of lower dough over edge of top dough, then pinch edge to seal. Poke top with fork.

Bake 20 to 25 minutes or until golden brown. Cut pizza in half.

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Per serving: 712 Calories (kcal); 42g Total Fat; (53% calories from fat); 26g Protein; 58g Carbohydrate; 76mg Cholesterol; 1834mg Sodium
Food Exchanges: 3 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 7 Fat; 0 Other Carbohydrates

NOTES : Utensils You Will Need

Cookie sheet • Pastry brush • Small bowl • Dry-ingredient measuring cups • Liquid measuring cup • Measuring spoons • Wooden spoon • Rolling pin • Ruler • Scissors • Fork • Pot holders

Nutr. Assoc. : 0 0 0 0 0 0 0 ■ 26153 0 0 2130706543 619 4440 4520 26153

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Polenta with Cheese

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Main and Side Dishes Rice and Grains

Amount	Measure	Ingredient -- Preparation Method
1	cup	yellow cornmeal
3/4	cup	water
3 1/4	cups	boiling water
2	teaspoons	salt
1	tablespoon	margarine or butter
1	cup	grated Parmesan cheese

1/3

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cup shredded Swiss cheese

Heat oven to 350°. Grease 1 1/2 -quart casserole. Mix cornmeal and 3/4 cup water in 2-quart saucepan. Stir in 3 1/4 cups boiling water and the salt. Cook over medium-high heat, stirring constantly, until mixture thickens and boils; reduce heat. Cover and simmer 10 minutes, stirring occasionally; remove from heat. Stir until smooth.

Spread one-third of the polenta in casserole; dot with one-third of the margarine and sprinkle with 1/3 cup of the Parmesan cheese. Repeat twice. Sprinkle with Swiss cheese. Bake uncovered 15 to 20 minutes or until hot and bubbly.

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Per serving: 186 Calories (kcal); 8g Total Fat; (39% calories from fat); 9g Protein; 19g Carbohydrate; 16mg Cholesterol; 1003mg Sodium
Food Exchanges: 1 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

Serving Ideas : Serve this satisfying polenta with grilled chicken.

Nutr. Assoc. : 0 0 0 0 4098 0 0

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Pork Roast with Rosemary

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Main and Side Dishes Pork

Amount	Measure	Ingredient -- Preparation Method
2 1/2	pounds	pork loin roast (2 1/2 to 3-pounds)
2	tablespoons	chopped fresh rosemary leaves
4	cloves	garlic -- finely chopped
1	teaspoon	salt
1/2	teaspoon	pepper
1	tablespoon	margarine or butter
1	small	onion -- chopped (about 1/4 cup)
2	tablespoons	olive or vegetable oil

Heat oven to 350°. Trim fat from pork roast. Mix rosemary and garlic. Make 8 to 10 deep cuts about 2 inches apart in pork with sharp knife. Insert small amounts of garlic mixture in cuts. Sprinkle pork with salt and pepper.

Melt margarine in shallow roasting pan in oven; sprinkle with onion. Place pork in pan; drizzle with oil. Insert meat thermometer so that tip is in center of thickest part of pork and does not touch fat. Roast uncovered 1 3/4 to 2 hours or until thermometer reads 160°. Let stand 15 minutes before slicing.

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Per serving: 143 Calories (kcal); 7g Total Fat; (47% calories from fat); 17g Protein; 1g Carbohydrate; 43mg Cholesterol; 224mg Sodium
Food Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; ■ Vegetable; 0 Fruit; 1/2 Fat;
0 Other Carbohydrates

Nutr. Assoc. : 26384 26055 0 0 0 4098 ■ 986

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Potato Refrigerator Dough

Recipe By :
Serving Size : 0 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
1	package	active dry yeast
1 1/2	cups	warm water (105° to 115°)
2/3	cup	sugar
1 1/2	teaspoons	salt
2/3	cup	shortening
2		eggs
1	cup	lukewarm mashed potatoes*
6 1/2	cups	all-purpose flour** (6 1/2 to 7 cups)

Dissolve yeast in warm water in large mixing bowl. Stir in sugar, salt, shortening, eggs, potatoes and 4 cups of the flour. Beat until smooth. Mix in enough remaining flour to make dough easy to handle.

Turn dough onto lightly floured surface; knead until smooth and elastic, about 5 minutes. Place in greased bowl; turn greased side up. Cover bowl tightly; refrigerate at least ■ hours but no longer than 5 days. Punch down dough. Shape, let rise and bake as directed.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:
"This versatile dough makes so many delicious rolls! Use it to make Braided Dinner Rolls to Hamburger Buns."
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Yield:
"10 1/3 cups"

Per serving: 4999 Calories (kcal); 158g Total Fat; (28% calories from fat); 102g Protein; 784g Carbohydrate; 378mg Cholesterol; 3832mg Sodium
Food Exchanges: 42 1/2 Grain(Starch); 2 Lean Meat; ■ Vegetable; 0 Fruit; 29 Fat;
9 Other Carbohydrates

NOTES : *Instant mashed potatoes can be substituted for the mashed potatoes; prepare as directed on package for 2 servings

**If using self-rising flour, omit salt.

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Potato Skins Olé

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Main and Side Dishes Potatoes

Amount	Measure	Ingredient -- Preparation Method
4	Large	potatoes (about 2 pounds) -- baked
2	tablespoons	margarine or butter -- melted
1	cup	shredded Colby-Monterey Jack cheese (4 ounces)
1/2	cup	sour cream
1/2	cup	sliced green onions (5 medium)
1/4	cup	salsa

Let potatoes stand until cool enough to handle. Cut potatoes lengthwise into fourths; carefully scoop out pulp, leaving 1/4-inch shells. Save potato pulp for another use.

Set oven control to broil. Place potato shells, skin sides down, in broiler pan. Brush potato flesh with margarine. Broil 4 to 5 inches from heat ■ to 10 minutes or until crisp and brown.

Sprinkle cheese over potato shells. Broil about 30 seconds or until cheese is melted. Mix sour cream and onions; spoon onto potatoes. Top with salsa.

■ servings (2 shells each)

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"In this Tex-Mex version of a popular appetizer, the potato skins are baked, not fried."

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Per serving: 144 Calories (kcal); 9g Total Fat; (56% calories from fat); 2g Protein; 14g Carbohydrate; 6mg Cholesterol; 83mg Sodium
Food Exchanges: 1/2 Grain(starch); ■ Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 4600 4098 4923 ■ 20030 ■

* Exported from MasterCook *

Potato-Chive Bread (1 1/2-Pound Recipe)

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Bread Machine Breads

Amount	Measure	Ingredient -- Preparation Method

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/white cycle. Use Medium or Light crust color. Do not use delay cycles. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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yield:

"1 Loaf"

Per serving: 155 Calories (kcal); 3g Total Fat; (14% calories from fat); 5g Protein; 28g Carbohydrate; 5mg Cholesterol; 290mg Sodium
Food Exchanges: 2 Grain(starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

Serving Ideas : This bread, flavored with chives, is very nice toasted and served with salmon or salmon cream cheese.

Nutr. Assoc. : 1582 2394 0 4112 0 0 2130706543 0 0 2019

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Potato-Chive Bread (1-Pound Recipe)

Recipe By : [Brenda](#) Serving Size : 8 Preparation Time :0:00
Categories : Bread Machine [Breads](#)

Amount	Measure	Ingredient -- Preparation Method
3/4	cup	water
1	tablespoon	margarine or butter -- softened
2	cups	bread flour
1/3	cup	mashed potato mix (dry)
2	tablespoons	chopped fresh chives OR freeze-dried chives
1	tablespoon	sugar
2	teaspoons	salt
1	teaspoon	
1 3/4	teaspoons	bread machine yeast

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

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Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/white cycle. Use Medium or Light crust color. Do not use delay cycles. Remove baked bread from pan and cool on wire rack.

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Yield:
"1 Loaf"

Per serving: 150 Calories (kcal); 2g Total Fat; (12% calories from fat); 5g Protein; 28g Carbohydrate; 4mg Cholesterol; 285mg Sodium
Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

Serving Ideas : This bread, flavored with chives, is very nice toasted and served with salmon or salmon cream cheese.

Nutr. Assoc. : 0 2394 ■ 4112 ■ 0 2130706543 0 0 2019

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Potato-Tarragon Casserole Bread

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
3 1/2	cups	all-purpose flour
1	tablespoon	chopped fresh tarragon leaves OR
1	teaspoon	dried tarragon leaves
1	teaspoon	salt
1	package	regular or quick-acting active dry yeast
3/4	cup	very warm milk (120° to 130°)
1/2	cup	very warm water (120° to 130°)
1/3	cup	margarine or butter -- softened
1	egg	
3/4	cup	lukewarm mashed potatoes

Grease 2-quart casserole. Mix 1 1/2 cups of the flour, the tarragon, salt and yeast in large bowl. Add warm milk, warm water, margarine and egg. Beat on low speed 30 seconds, scraping bowl constantly. Beat on medium speed 2 minutes, scraping bowl occasionally. Stir in remaining flour and the potatoes. Spread evenly in casserole. Cover and let rise in warm place about 45 minutes or until double. (Batter is ready if indentation remains when touched with floured finger.)

Place oven rack in lowest position. Heat oven to 375°. Bake 45 to 50 minutes or until loaf is golden brown and sounds hollow when tapped; remove from casserole. Cool on wire rack.

Please note, if you should change this recipe it will no longer be an

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approved Betty Crocker® Recipe.

Description:

"Casserole breads are no-knead yeast breads that are baked in casserole dishes. If you don't have any leftover mashed potatoes, prepare instant mashed potatoes as a quick alternative."

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Yield:

"1 Loaf"

Per serving: 205 Calories (kcal); 7g Total Fat; (29% calories from fat); 5g Protein; 31g Carbohydrate; 18mg Cholesterol; 281mg Sodium
Food Exchanges: 2 Grain(Starch); ■ Lean Meat; ■ Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

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Pound Cake

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Cakes

Desserts

Amount	Measure	Ingredient -- Preparation Method
1 1/2	cups	margarine or butter -- softened
2 3/4	cups	sugar
5		eggs
1	teaspoon	vanilla
3	cups	all-purpose flour*
1	teaspoon	baking powder
1/4	teaspoon	salt
1	cup	evaporated milk

Heat oven to 350°. Grease and flour tube pan, 10 x 4 inches, or 12-cup bundt pan. Beat margarine, sugar, eggs and vanilla in large mixer bowl on low speed, scraping bowl constantly, 30 seconds. Beat on high speed, scraping bowl occasionally, 5 minutes. Beat in flour, baking powder and salt alternately with milk on low speed. Pour into pan.

Bake until toothpick inserted in center comes out clean, 70 to 80 minutes. Cool in pan about 20 minutes; remove from pan.

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Yield:

"1 Cake"

Per serving: 826 Calories (kcal); 40g Total Fat; (42% calories from fat); 11g Protein; 109g Carbohydrate; 126mg Cholesterol; 597mg sodium
Food Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; ■ Vegetable; 0 Fruit; 7 1/2 Fat; 4 1/2 Other Carbohydrates

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NOTES : *Do not use self-rising flour in this recipe.
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* Exported from MasterCook *

Pull-Apart Coffee Cake

Recipe By :
Serving Size : 16 Preparation Time :0:00
Categories : Baking with Kids Cakes

Amount	Measure	Ingredient -- Preparation Method
2	cups	all-purpose flour
1/3	cup	sugar
1	teaspoon	salt
1	package	regular or quick-acting active dry yeast
1/2	cup	milk
1/2	cup	warm water
1/3	cup	shortening or margarine or butter (from a stick) -- softened
1	egg	
1 1/2	cups	all-purpose flour (1 1/2 to 2 cups)
		shortening
3/4	cup	sugar
1/2	cup	finely chopped nuts
1	teaspoon	ground cinnamon
1/2	cup	margarine or butter (1 stick)

Mix in large bowl with wooden spoon:

2 cups all-purpose flour
1/3 cup sugar
1 teaspoon salt
1 package regular or quick-acting active dry yeast

Heat in saucepan until very warm:

1/2 cup milk
1/2 cup warm water

Stir into yeast mixture, then beat with wooden spoon until smooth:

The warm milk mixture
1/3 cup shortening or margarine or butter (from a stick), softened
1 egg

Mix in enough to make dough easy to handle:

1 1/2 to 2 cups all-purpose flour

Sprinkle a clean surface (such as a kitchen counter or bread board) with flour. Put dough on surface. Roll ball of dough around 3 or 4 times. Knead dough quickly and lightly by folding, pressing and turning. Continue kneading about 5 minutes or until dough is smooth and elastic.

Grease large bowl with:
Shortening

Put dough in bowl, then turn greased side up. Cover dough with towel and let rise in warm place about 1 1/2 hours or until dough doubles. (Dough is ready if a mark stays when dough is touched.)

Grease tube pan with:
Shortening

Mix in small bowl:
3/4 cup sugar
1/2 cup finely chopped nuts
1 teaspoon ground cinnamon

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Melt in saucepan over low heat:

1/2 cup (1 stick) margarine or butter

Punch down dough with fist. Shape dough into 1 1/2-inch balls.

Dip each ball in margarine, then in sugar-nut mixture. Put a single layer of balls in pan so they just touch. (If pan has removable bottom, line with aluminum foil.) Top with another layer of balls. Cover and let rise in warm place about 40 minutes or until balls double.

Heat oven to 375°.

Bake 35 to 40 minutes or until golden brown. (If coffee cake browns too quickly, cover loosely with aluminum foil.) Adult help: Loosen coffee cake from pan. Immediately turn pan upside down onto serving plate. Let pan stay a minute so margarine-sugar mixture can drizzle over coffee cake, then remove pan. Serve coffee cake while warm by pulling it apart with fingers or breaking apart with 2 forks.

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Yield:

"1 Cake"

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Per serving: 274 Calories (kcal); 13g Total Fat; (41% calories from fat); 4g Protein; 36g Carbohydrate; 13mg Cholesterol; 253mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat; 1 Other Carbohydrates

NOTES : Utensils You Will Need

1-quart saucepan • Liquid measuring cup • 2 large bowls • kitchen scissors • Wooden spoon • Dry-ingredient measuring cups • Small sharp knife • Measuring spoons • Kitchen towel • Ruler • Small bowl • Tube pan, 10x4 inches • Pastry brush • Pot holders • Serving plate • 2 forks

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Pumpkin Bread

Recipe By :

Serving Size : 24 Preparation Time :0:00

Categories : Breads

Holiday

Amount	Measure	Ingredient -- Preparation Method
1	cup	sugar
1	cup	canned pumpkin
1/3	cup	vegetable oil
1	teaspoon	vanilla
2		eggs
1 1/2	cups	all-purpose flour
1/2	cup	coarsely chopped walnuts or pecans
2	teaspoons	baking powder
1/2	teaspoon	ground cinnamon
1/4	teaspoon	salt
1/4	teaspoon	ground cloves

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Heat oven to 350°. Grease bottom only of loaf pan, 8 1/2 x 4 1/2 x 2 1/2 inches or 9 x 5 x 3 inches. Mix sugar, pumpkin, oil, vanilla and eggs in large bowl. Stir in remaining ingredients. Pour into pan.

Bake 50 to 60 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaf from pan; remove from pan. Cool completely on wire rack before slicing. Store tightly wrapped in refrigerator up to 1 week.

1 loaf (24 slices)

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Yield:

"1 Loaf"

Per serving: 116 Calories (kcal); 5g Total Fat; (39% calories from fat); 2g Protein; 16g Carbohydrate; 16mg Cholesterol; 69mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 Fat; 1/2 Other Carbohydrates

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Pumpkin Cheesecake

Recipe By :
Serving Size : 20 Preparation Time :0:00
Categories : Cakes Desserts

Amount	Measure	Ingredient -- Preparation Method
1 1/2	cups	graham cracker crumbs
1/2	cup	finely chopped pecans
1/3	cup	packed brown sugar
1/2	cup	margarine or butter -- melted
3	(8 ounce) packages	cream cheese -- softened
1/2	cup	sour cream
1	cup	packed brown sugar
2	teaspoons	ground cinnamon
1/2	teaspoon	ground nutmeg
1/2	teaspoon	ground ginger
1/4	teaspoon	ground allspice
1	(16 ounce) can	pumpkin
3		eggs
		Caramelized Sugar -- (recipe follows)
		CARAMELIZED SUGAR
1	cup	sugar
3	tablespoons	water

Mix graham cracker crumbs, pecans, 1/3 cup brown sugar and the margarine. Press evenly on bottom and side of ungreased springform pan, 9 x 3 inches. Refrigerate 20 minutes.

Heat oven to 300°. Beat cream cheese, sour cream, 1 cup brown sugar and

the spices in large bowl on medium speed until smooth. Add pumpkin. Beat in eggs on low speed. Pour over crumb mixture.

Bake about 1 hour 15 minutes or until center is firm. Cover and refrigerate at least 3 hours but no longer than 48 hours.

Prepare Caramelized Sugar; drizzle with fork over top of chilled cheesecake. Loosen cheesecake from side of pan; remove side of pan. Place cheesecake on plate. Refrigerate any remaining cheesecake immediately.

CARAMELIZED SUGAR:

Combine sugar and water in small saucepan. Boil mixture over medium heat, stirring until sugar is dissolved. Boil syrup, without stirring, until golden brown. Remove from heat and gently swirl until syrup stops cooking. Let caramel cool about 1 minute or until thick enough to drizzle from fork.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"A wonderful variation on cheesecake, which could easily become a favorite Thanksgiving dessert."

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yield:

"1 Cheesecake"

Per serving: 329 Calories (kcal); 21g Total Fat; (55% calories from fat); 5g Protein; 33g Carbohydrate; 68mg Cholesterol; 210mg Sodium
Food Exchanges: 1/2 Grain(starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 4 Fat; 1 1/2 other carbohydrates

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Pumpkin Pecan Cheesecake

Recipe By:

Serving size : 16 Preparation Time : 0:00

Categories : Cakes

Desserts

ANSWER

Amount	Measure	Ingredient -- Preparation Method
1 1/4	cups	pecan shortbread cookie crumbs (about ten 2 inch cookies)
2	tablespoons	margarine or butter -- melted
3	(8 ounce) packages	cream cheese -- softened
1	cup	sugar
1	teaspoon	ground cinnamon
1	teaspoon	ground ginger
1/2	teaspoon	ground cloves
1	(16 ounce) can	pumpkin
4		eggs
2	tablespoons	sugar
16		pecan halves
3/4	cup	whipping (heavy) cream

Heat oven to 350°. Mix cookie crumbs and margarine. Press evenly on bottom.

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of ungreased springform pan, 9 x 3 inches. Bake 10 minutes; cool. Reduce oven temperature to 300°.

Beat cream cheese, 1 cup sugar, the cinnamon, ginger and cloves in large bowl on medium speed until smooth and fluffy. Beat in pumpkin. Beat in eggs, one at a time, on low speed. Pour over baked layer.

Bake about 1 1/4 hours or until center is firm. Cover and refrigerate at least 3 hours until chilled.

Cook 2 tablespoons sugar and the pecan halves over medium heat, stirring frequently, until sugar is melted and pecans are coated. Immediately spread on dinner plate or aluminum foil; cool. Carefully break nuts apart to separate if necessary.

Loosen cheesecake from side of pan; remove side of pan. Beat whipping cream in chilled small bowl until stiff. Serve cheesecake with whipped cream and garnish with pecans. Refrigerate any remaining cheesecake.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Yield:
"1 Cheesecake"

Per serving: 338 Calories (kcal); 26g Total Fat; (66% calories from fat); 5g Protein; 24g Carbohydrate; 113mg Cholesterol; 205mg Sodium
Food Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 4 Fat; 1 Other Carbohydrates

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* Exported from MasterCook *

Pumpkin-Cheese Pie

Recipe By :
Serving Size : 9 Preparation Time :0:00
Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method
Favorite Pastry for 9-Inch One-Crust Pie -- (see recipe)		
1	(8 ounce) package	cream cheese -- softened
3/4	cup	sugar
2	tablespoons	all-purpose flour*
1	teaspoon	ground cinnamon
1	teaspoon	grated lemon peel
1	teaspoon	grated orange peel
1/4	teaspoon	ground nutmeg
1/4	teaspoon	ground ginger
1/4	teaspoon	vanilla
3		eggs
1	(16 ounce) can	pumpkin
		Sour Cream Topping -- (recipe follows)
SOUR CREAM TOPPING		
3/4	cup	dairy sour cream
1	tablespoon	sugar

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1/4 teaspoon vanilla

Heat oven to 350°. Prepare pastry. Beat cream cheese, sugar and flour in large mixer bowl until blended. Add remaining ingredients except topping; beat on medium speed until smooth. Pour into pastry-lined pie plate.

Bake until knife inserted in center comes out clean, 50 to 55 minutes. Immediately spread with Sour Cream Topping; cool. Refrigerate at least 4 hours.

SOUR CREAM TOPPING:

Mix all ingredients.

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Yield:

"1 Pie"

Per serving: 324 Calories (kcal); 18g Total Fat; (49% calories from fat); 6g Protein; 35g Carbohydrate; 97mg Cholesterol; 215mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 3 1/2 Fat;
1 Other Carbohydrates

NOTES : *Self-rising flour can be used in this recipe.

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* Exported from MasterCook *

Favorite Pastry for 9-inch One-Crust Pie

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method
1	cup	all-purpose flour
1/2	teaspoon	salt
1/3	cup	lard
		OR
1/3	cup	plus 1 tablespoon shortening
2	tablespoons	cold water (2 to 3 tablespoons)

Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons water can be added if necessary).

Gather pastry into ball; shape into flattened round on lightly floured cloth-covered surface.

Roll pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.

Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll pastry under, even with plate. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour

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occasionally to prevent sticking. Or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into V shape; pinch again to sharpen. Fill and bake as directed in recipe.

For Baked Pie Shell: Heat oven to 475°. Prick bottom and side thoroughly with fork. Bake 8 to 10 minutes or until light brown; cool.

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Yield:
"1 Crust"

Per serving: 134 Calories (kcal); 9g Total Fat; (59% calories from fat); 2g Protein; 12g Carbohydrate; 8mg Cholesterol; 134mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

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* Exported from MasterCook *

Quiche Lorraine

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Main and Side Dishes

Amount	Measure	Ingredient -- Preparation Method
8	slices	Pastry for 9-inch One-Crust Pie -- (recipe follows)
1	cup	bacon -- crisply cooked and crumbled
1/3	cup	shredded natural Swiss cheese (4 ounces)
4	Large	finely chopped onion
2	cups	eggs
1/4	teaspoon	whipping (heavy) cream
1/4	teaspoon	salt
1/8	teaspoon	pepper
		ground red pepper (cayenne)
		9-INCH ONE-CRUST PIE
1/3	cup	plus 1 tablespoon shortening
		OR
1/3	cup	lard
1	cup	all-purpose* or unbleached flour
1/4	teaspoon	salt
2	tablespoons	cold water (2 to 3 tablespoons)

Heat oven to 425°. Prepare pastry. Ease into quiche dish, 9 x 1 1/2 inches, or pie plate, 9 x 1 1/4 inches. Sprinkle bacon, cheese and onion in pastry-lined quiche dish. Beat eggs slightly; beat in remaining ingredients. Pour into quiche dish.

Bake 15 minutes. Reduce oven temperature to 300°. Bake about 30 minutes longer or until knife inserted in center comes out clean. Let stand 10 minutes before cutting.

9-INCH ONE-CRUST PIE:

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Cut shortening into flour and salt, using pastry blender or crisscrossing 2 knives, until particles are size of coarse crumbs. Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons more water can be added if necessary).

Gather pastry into a ball. Shape into flattened round on lightly floured cloth-covered board.

Roll pastry into circle 2 inches larger than upside-down pie plate, 9 x 1 1/4 inches, or 2 inches larger than 10- or 11-inch tart pan, with floured cloth-covered rolling pin. Fold pastry into fourths; place in pie plate, unfold and ease into plate, pressing firmly against bottom and side. Trim overhanging edge of pastry.

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Per serving: 617 Calories (kcal); 53g Total Fat; (77% calories from fat); 15g Protein; 20g Carbohydrate; 258mg Cholesterol; 429mg Sodium
Food Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 9 1/2 Fat; 0 other Carbohydrates

NOTES : Mushroom Quiche: Add 1 can (4 ounces) mushroom stems and pieces, drained, and 1 jar (2 ounces) diced pimientos, well drained, with the bacon.

Seafood Quiche: Substitute 1 cup chopped cooked crabmeat, shrimp, seafood sticks or salmon for the bacon and green onion for the onion. (Pat crabmeat dry.) Increase salt to 1/2 teaspoon.

*If using self-rising flour, omit salt. Pie crusts made with self-rising flour differ in flavor and texture from those made with all-purpose flour.

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* Exported from MasterCook *

Quick Blueberry Cobbler

Recipe By : [Baking with Kids](#) Preparation Time :0:00
Serving Size : 8 Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
1	(21 ounce) can	blueberry pie filling
1	teaspoon	grated orange peel, if you like
1	cup	Bisquick Original baking mix
1	tablespoon	sugar
1/4	cup	orange juice
1	tablespoon	margarine or butter (from a stick) -- softened

Heat oven to 400°.

Mix in casserole with wooden spoon:

1 can (21 ounces) blueberry pie filling
1 teaspoon grated orange peel, if you like

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Bake uncovered about 15 minutes or until hot and bubbly.

While blueberry mixture is baking, stir in small bowl to make a soft dough:

1 cup Bisquick Original baking mix
1 tablespoon sugar
1/4 cup orange juice
1 tablespoon (from a stick) margarine or butter, softened

Adult help: Drop dough by 6 spoonfuls onto hot blueberry mixture. Bake uncovered 20 to 25 minutes or until topping is light brown. Cool slightly on wire rack. Serve warm.

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Per serving: 227 Calories (kcal); 5g Total Fat; (18% calories from fat); 1g Protein; 45g Carbohydrate; 0mg Cholesterol; 320mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 2 Other Carbohydrates

NOTES : Utensils You Will Need

1 1/2-quart casserole • Can opener • Wooden spoon • Small bowl • Dry-ingredient measuring cup • Measuring spoons • Liquid measuring cup • Small sharp knife • Tablespoon • Pot holders • Wire cooling rack

Here's another idea. . . Make Quick Cherry-Almond Cobbler: Use 1 can (21 ounces) cherry pie filling in place of the blueberry pie filling, 1/2 teaspoon almond extract in place of the orange peel and 1/4 cup milk in place of the orange juice. Stir 2 tablespoons toasted slivered almonds into the dough in Step 4.

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* Exported from MasterCook *

Quick Cheeseburger Pie

Recipe By :
Serving Size : 6 Preparation Time : 0:00
Categories : Baking with Kids Beef

Amount	Measure	Ingredient -- Preparation Method
2	medium	onions
		Shortening
1	pound	ground beef
1/4	teaspoon	pepper
1 1/2	cups	milk
3	large	eggs
3/4	cup	Bisquick Original baking mix
2	medium	tomatoes
1	cup	shredded Cheddar (4 ounces) OR
1	cup	process American cheese (4 ounces)

Heat oven to 400°.

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Grease pie plate with:
Shortening

Adult help: wash, then chop with sharp knife:
2 medium onions

Cook in skillet over medium heat about 10 minutes, stirring often, until
beef is brown:

The chopped onions
1 pound ground beef
1/4 teaspoon pepper

Pour beef mixture into strainer to drain off any fat. Spread beef mixture
in pie plate.

Put in blender, cover and blend on high speed 15 seconds (or use eggbeater
or wire whisk), then pour over beef in pie plate:

1 1/2 cups milk
3 large eggs
3/4 cup Bisquick original baking mix

Bake 25 minutes.

Adult help: Meanwhile, wash, then cut into slices:
2 medium tomatoes

Adult help: Carefully remove pie from oven. Top with tomatoes, then
sprinkle with:

1 cup shredded Cheddar or process American cheese (4 ounces)

Bake 5 to 10 minutes longer or until knife poked in center of pie comes out
clean. Cool 5 minutes.

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approved Betty Crocker® Recipe.

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Yield:
"1 Pie"

Per serving: 372 calories (kcal); 22g Total Fat; (53% calories from fat); 25g
Protein; 18g Carbohydrate; 168mg Cholesterol; 394mg Sodium
Food Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1 Vegetable; 0 Fruit; 2 1/2 Fat;
0 Other Carbohydrates

NOTES : Utensils You Will Need

Pie plate, 10x1 1/2 inches • Pastry brush • Sharp knife • Cutting
board • 10-inch skillet • Wooden spoon • Measuring spoons •
Strainer • Blender • Liquid measuring cup • Dry-ingredient
measuring cups • Pot holders • Knife

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Quick Praline Bars

Recipe By :
Serving Size : 48 Preparation Time :0:00
Categories : Cookies & Brownies

Amount Measure Ingredient -- Preparation Method

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24		graham cracker squares
1/2	cup	packed brown sugar
1/2	cup	margarine or butter (1 stick)
1/2	teaspoon	vanilla
1/2	cup	chopped pecans

Heat oven to 350°. Arrange graham crackers in single layer in ungreased jelly roll pan, 15 1/2 x 10 1/2 x 1 inch. Heat brown sugar and margarine to boiling. Boil and stir 1 minute; remove from heat. Stir in vanilla. Pour over crackers; spread evenly. Sprinkle with pecans.

Bake 8 to 10 minutes or until bubbly. Cool slightly. Cut into 2 1/4 x 1 1/4-inch bars.

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yield:

"48 Bars"

Per serving: 49 Calories (kcal); 3g Total Fat; (55% calories from fat); trace Protein; 5g Carbohydrate; 0mg Cholesterol; 44mg Sodium
Food Exchanges: 0 Grain(starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : T1P

TIP Cookies are best baked on a rack in the center of the oven. If two cookie sheets are in the oven at the same time (placed on one oven rack in the upper third and one oven rack in the lower third of the oven), switch their positions halfway through baking time.

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Raspberry Jam Cake

Recipe By : [Sally](#) Serving Size : 16 Preparation Time :0:00
Categories : Cakes [Desserts](#)

Amount	Measure	Ingredient -- Preparation Method
1	cup	margarine or butter (2 sticks) -- softened
1/2	cup	granulated sugar
1/2	cup	packed brown sugar
4		eggs
1	(10 ounce) jar	red raspberry preserves (about 1 cup)
3 1/4	cups	all-purpose flour
1	teaspoon	baking powder
1	teaspoon	baking soda
1	teaspoon	ground nutmeg
1	teaspoon	ground cinnamon
1/2	teaspoon	salt
1/4	teaspoon	ground cloves
1	cup	buttermilk
1	cup	chopped pecans
		Caramel Frosting -- (recipe follows)
		CARAMEL FROSTING
1/2	cup	margarine or butter (1 stick)

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1	1/4	cup packed brown sugar
2		cup milk
		cups powdered sugar

Heat oven to 350°. Grease and flour tube pan, 10 x 4 inches. Beat margarine and sugars in 3-quart bowl on medium speed, scraping bowl constantly, until blended. Beat on high speed 1 minute. Beat in eggs and preserves until well blended. (Mixture will appear curdled.) Beat in flour, baking powder, baking soda, nutmeg, cinnamon, salt and cloves alternately with buttermilk, beginning and ending with flour mixture, until well blended. Stir in pecans. Pour into pan.

Bake until toothpick inserted in center comes out clean and top springs back when touched lightly, 70 to 75 minutes. Cool 10 minutes; remove from pan. Cool completely on wire rack. Frost with Caramel Frosting.

CARAMEL FROSTING:

Heat margarine in 2-quart saucepan until melted. Stir in brown sugar. Heat to boiling, stirring constantly. Boil and stir over low heat 2 minutes; stir in milk. Heat to boiling; remove from heat. Cool to lukewarm. Gradually stir in powdered sugar; beat until smooth and of spreading consistency. If frosting becomes too stiff, stir in additional milk, 1 teaspoon at a time.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"This rich dense cake keeps well for several days, so it's easy to have on hand when neighbors and friends drop by to chat over a cup of coffee."

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Yield:

"1 Cake"

Per serving: 524 Calories (kcal); 24g Total Fat; (39% calories from fat); 6g Protein; 75g Carbohydrate; 48mg Cholesterol; 423mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 4 1/2 Fat; 3 1/2 Other Carbohydrates

NOTES : Southerners are particularly fond of traditional southern cakes, such as this spice-laden jam cake. You'll find that blackberry is the jam of choice in Texas and the western states, but in the Appalachian Mountain region, raspberry is the favorite. One thing everyone agrees on is that the buttery caramel frosting is just perfect!

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Raspberry-Cream Cheese Coffee Cake

Recipe By :
Serving Size : 12 Preparation Time : 0:00
Categories : Breads Cakes

Amount	Measure	Ingredient -- Preparation Method
1 1/2	cups	all-purpose flour (1 1/2 to 2 cups)
2	tablespoons	sugar

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2 tablespoons margarine or butter -- softened
1 1/2 teaspoon salt
1 package regular or quick-acting active dry yeast
2/3 cup very warm water (120° to 130°)
Cream Cheese Filling -- (recipe follows)
Streusel Topping -- (recipe follows)
1 (10 ounce) jar raspberry or strawberry preserves

CREAM CHEESE FILLING

1 (8 ounce) package cream cheese -- softened
1/4 cup sugar
1/2 teaspoon almond extract

STREUSEL TOPPING

1 tablespoon firm margarine or butter
3 tablespoons all-purpose flour
3 tablespoons sugar
1/4 cup sliced almonds

Grease rectangular pan, 13 x 9 x 2 inches. Mix 3/4 cup of the flour, the sugar, margarine, salt and yeast in large bowl. Stir in warm water. Beat on medium speed 2 minutes, scraping bowl occasionally. Stir in enough remaining flour until dough pulls away from side of bowl (dough will be sticky). Pat dough evenly in bottom and 1/2 inch up side of pan, using floured fingers. Cover and let rest 15 minutes.

Heat oven to 375°. Prepare Cream Cheese Filling and Streusel Topping; reserve.

Bake crust 10 to 15 minutes or just until edges begin to brown. Spread Cream Cheese Filling over crust, almost to edges. Stir raspberry preserves; spoon evenly over filling. Sprinkle with Streusel Topping. Bake 20 to 25 minutes or just until almonds in topping begin to brown. Serve warm or let stand until cool. Refrigerate any remaining coffee cake.

CREAM CHEESE FILLING:

Beat all ingredients on low speed about 1 minute or until smooth.

STREUSEL TOPPING:

Cut margarine into flour and sugar with pastry blender until crumbly. Stir in almonds.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"Even though this elegant coffee cake is made with yeast, it's quick because there's no kneading or long rising time."

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Yield:

"1 Cake"

Per serving: 268 Calories (kcal); 11g Total Fat; (36% calories from fat); 4g Protein; 39g Carbohydrate; 21mg Cholesterol; 189mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat; 1 1/2 Other Carbohydrates

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Raspberry-white Chocolate Cream Cake

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Cakes Holiday

Amount	Measure	Ingredient -- Preparation Method
3	ounces	Raspberry Filling -- (recipe follows)
2 1/4	cups	white baking bar -- chopped
1 1/2	cups	all-purpose flour
2 1/4	teaspoons	sugar
1/2	teaspoon	baking powder
1 2/3	cups	salt
3	teaspoon	whipping (heavy) cream
1	teaspoon	eggs
		almond extract
		white Chocolate Frosting -- (recipe follows)
		 RASPBERRY FILLING
1/4	cup	sugar
2	tablespoons	cornstarch
1/8	teaspoon	salt
1	cup	raspberry-flavored wine cooler
		OR
1	cup	sparkling raspberry juice
1	tablespoon	margarine or butter
1/8	teaspoon	almond extract
2	drops	red food color (2 to 3 drops), if desired
		 WHITE CHOCOLATE FROSTING
3	ounces	white baking bar -- chopped
3 1/2	cups	powdered sugar
1/4	cup	margarine or butter -- softened
3	tablespoons	plus 2 teaspoons raspberry-flavored wine cooler (3 to 4 tablespoons)
		OR
3	tablespoons	plus 2 teaspoons water (3 to 4 tablespoons)
1/2	teaspoon	almond extract

Prepare Raspberry Filling. Heat oven to 350°. Grease and flour 2 round pans, 8 x 1 1/2 inches or 9 x 1 1/2 inches. Heat white baking bar over low heat, stirring occasionally, until melted; cool. Mix flour, sugar, baking powder and salt; reserve. Beat whipping cream in chilled large bowl until stiff; reserve. Beat eggs about 5 minutes or until thick and lemon colored; beat in melted baking bar and almond extract.

Fold egg mixture into whipped cream. Add flour mixture, about 1/2 cup at a time, folding gently after each addition until blended. Pour into pans.

Bake 8-inch rounds 35 to 40 minutes, 9-inch rounds 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans. Cool completely on wire racks.

Fill layers with Raspberry Filling. Prepare White Chocolate Frosting; spread over side and top of cake.

RASPBERRY FILLING:

Mix sugar, cornstarch and salt in 1 1/2-quart saucepan. Stir in wine cooler. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute; remove from heat. Stir in remaining ingredients. Cover and refrigerate until chilled.

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WHITE CHOCOLATE FROSTING:

Heat white baking bar over low heat, stirring occasionally, until melted; cool. Beat melted baking bar and remaining ingredients in medium bowl on medium speed until smooth and of spreading consistency. If necessary, stir in additional wine cooler, 1 teaspoon at a time.

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Yield:
"1 Cake"

Per serving: 862 Calories (kcal); 29g Total Fat; (30% calories from fat); 8g Protein; 141g Carbohydrate; 138mg Cholesterol; 388mg Sodium
Food Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 5 1/2 Fat; 1 1/2 Other Carbohydrates

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Refrigerator Roll Dough

Recipe By :
Serving Size : 0 Preparation Time : 0:00
Categories : Breads Holiday

Amount	Measure	Ingredient -- Preparation Method
1	package	regular or quick-acting active dry yeast
1 1/2	cups	warm water (105° to 115°)
1	cup	unseasoned lukewarm mashed potatoes
2/3	cup	sugar
2/3	cup	shortening
1 1/2	teaspoons	salt
2		eggs
6	cups	all-purpose flour (6 to 7 cups)

Dissolve yeast in warm water in large bowl. Stir in potatoes, sugar, shortening, salt, eggs and 3 cups of the flour. Beat until smooth. Mix in enough remaining flour to make dough easy to handle.

Turn dough onto lightly floured surface; gently roll in flour to coat. Knead about 5 minutes or until smooth and elastic. Place in greased bowl; turn greased side up. Cover bowl tightly; refrigerate at least 4 hours but no longer than 5 days.

Punch down dough; divide into 4 equal parts.

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yield:

"10 Cups"

Per serving: 4772 Calories (kcal); 158g Total Fat; (29% calories from fat); 95g Protein; 737g Carbohydrate; 378mg Cholesterol; 3830mg Sodium
Food Exchanges: 39 1/2 Grain(Starch); 2 Lean Meat; 0 Vegetable; 0 Fruit; 29 Fat;
9 Other Carbohydrates

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Reuben Pitas

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories : Appetizers

Baking with Kids

Amount	Measure	Ingredient -- Preparation Method
2		pita breads
■	ounces	thinly sliced corned beef -- coarsely chopped
1	(8 ounce) can	sauerkraut -- rinsed and well drained
1	cup	shredded Swiss cheese (4 ounces)
1/3	cup	Thousand Island dressing
2	teaspoons	caraway seed, if you like

Heat oven to 425°.

Adult help: Cut in half around edge with knife:
2 pita breads (about ■ inches across)

Mix in medium bowl with wooden spoon:

■ ounces thinly sliced corned beef, coarsely chopped
1 can (8 ounces) sauerkraut, rinsed and well drained
1 cup shredded Swiss cheese (4 ounces)
1/3 cup Thousand Island dressing
2 teaspoons caraway seed, if you like

Spread beef mixture on pita bread halves. Put on cookie sheet.

Bake 5 to 7 minutes or until cheese is melted. Remove sandwiches from cookie sheet with spatula.

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yield:

"4 Sandwiches"

Per serving: 335 Calories (kcal); 17g Total Fat; (46% calories from fat); 21g Protein; 24g Carbohydrate; 39mg Cholesterol; 1135mg Sodium
Food Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates

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NOTES : Utensils You Will Need

Cutting board • Sharp knife • Medium bowl • Can opener •

Dry-ingredient measuring cups • Liquid measuring cups • Measuring spoon • Wooden spoon • Cookie sheet • Spatula

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Roast Goose

Recipe By :
Serving Size : ■ Preparation Time : 0:00

Categories : Game Holiday
Main and Side Dishes

Amount	Measure	Ingredient -- Preparation Method
1		goose (9 to 11 pounds)
		Salt
4	large	potatoes (4 to 6) -- peeled and cut in half
		Freshly ground pepper
		Paprika

Heat oven to 350°. Trim excess fat from goose. Rub cavity of goose lightly with salt. Fasten neck skin of goose to back with skewer. Fold wings across back with tips touching. Tie drumsticks to tail. Prick skin all over with fork. Place goose, breast side up, on rack in shallow roasting pan. Insert meat thermometer so tip is in thigh muscle and does not touch bone.

Roast uncovered 3 to 3 1/2 hours, removing excess fat from pan occasionally, until thermometer registers 180° or drumstick moves easily and juices run clear. If necessary, place a tent of aluminum foil loosely over goose to prevent excessive browning.

One hour and 15 minutes before goose is done, place potatoes in roasting pan around goose. Brush potatoes with goose fat; sprinkle with salt, pepper and paprika. When done, place goose and potatoes on heated platter. Cover and let stand 15 minutes for easier carving. Garnish with kumquats and parsley, if desired.

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Per serving: 508 Calories (kcal); 18g Total Fat; (33% calories from fat); 61g Protein; 22g Carbohydrate; 214mg Cholesterol; 230mg Sodium

Food Exchanges: 1 1/2 Grain(Starch); 8 Lean Meat; ■ Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Serving Ideas : This is nice served with Apple-Raisin Dressing.

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Roasted Garlic Bread (1 1/2-Pound Recipe)

Recipe By :

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Serving Size : 12 Preparation Time :0:00
Categories : Bread Machine Breads

Amount	Measure	Ingredient -- Preparation Method
2	bulbs	Roasted Garlic -- (see directions)
1	cup	plus 2 tablespoons water
1	tablespoon	olive or vegetable oil
3	cups	bread flour
2	tablespoons	sugar
1	teaspoon	salt
1 1/4	teaspoons	bread machine yeast

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Prepare Roasted Garlic. After squeezing garlic out of cloves, mash garlic slightly to measure 3 tablespoons.

Measure carefully, placing all ingredients except Roasted Garlic in bread machine pan in the order recommended by the manufacturer. Add mashed garlic at the Raisin/Nut signal or 5 to 10 minutes before last kneading cycle ends.

Select Basic/White cycle. Use Medium or Light crust color. Do not use delay cycles. Remove baked bread from pan and cool on wire rack.

Roasted Garlic:

Heat oven to 350°. Carefully peel away paperlike skin from around 2 garlic bulbs, leaving just enough to hold bulbs intact. Trim top of garlic bulb about 1/2 inch to expose cloves. Place stem end down on 12-inch square of aluminum foil. Drizzle each bulb with 2 teaspoons olive or vegetable oil. Wrap securely in foil; place in pie plate or shallow baking pan. Bake 45 to 50 minutes or until garlic is tender when pierced with toothpick or fork. Cool slightly. Gently squeeze garlic out of cloves.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"It's easy to roast your own garlic for this bread. The garlic adds such a wonderful flavor, you'll want to make it again and again."

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Yield:

"1 Loaf"

Per serving: 143 Calories (kcal); 2g Total Fat; (10% calories from fat); 4g Protein; 27g Carbohydrate; 0mg Cholesterol; 179mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : A 1-ounce bulb of garlic, roasted, equals about 1 tablespoon mashed garlic; a 2-ounce bulb equals about 2 tablespoons mashed garlic.

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Roasted Garlic Bread (1-Pound Recipe)

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Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Bread Machine

Breads

Amount	Measure	Ingredient -- Preparation Method
1	bulb	Roasted Garlic -- (see directions)
2/3	cup	water
1	teaspoon	olive or vegetable oil
2	cups	bread flour
1	tablespoon	sugar
1/2	teaspoon	salt
1	teaspoon	bread machine yeast

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Prepare Roasted Garlic. After squeezing garlic out of cloves, mash garlic slightly to measure 2 tablespoons.

Measure carefully, placing all ingredients except Roasted Garlic in bread machine pan in the order recommended by the manufacturer. Add mashed garlic at the Raisin/Nut signal or 5 to 10 minutes before last kneading cycle ends.

Select Basic/white cycle. Use Medium or Light crust color. Do not use delay cycles. Remove baked bread from pan and cool on wire rack.

Roasted Garlic:

Heat oven to 350°. Carefully peel away paperlike skin from around 1 garlic bulbs, leaving just enough to hold bulb intact. Trim top of garlic bulb about 1/2 inch to expose cloves. Place stem end down on 12-inch square of aluminum foil. Drizzle bulb with 2 teaspoons olive or vegetable oil. Wrap securely in foil; place in pie plate or shallow baking pan. Bake 45 to 50 minutes or until garlic is tender when pierced with toothpick or fork. Cool slightly. Gently squeeze garlic out of cloves.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"It's easy to roast your own garlic for this bread. The garlic adds such a wonderful flavor, you'll want to make it again and again."

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Yield:

"1 Loaf"

Per serving: 136 Calories (kcal); 1g Total Fat; (7% calories from fat); 4g Protein; 27g Carbohydrate; 0mg Cholesterol; 135mg Sodium

Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : A 1-ounce bulb of garlic, roasted, equals about 1 tablespoon mashed garlic; a 2-ounce bulb equals about 2 tablespoons mashed garlic.

Nutr. Assoc. : 0 0 986 0 0 0 2019

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Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Main and Side Dishes

Amount	Measure	Ingredient -- Preparation Method
1	cup	Basic Pizza Dough for Two Crusts -- (see recipe)
1/2	pound	Simple Pizza Sauce -- (see recipe)
1	cup	bulk Italian sausage -- cooked and drained
1/2	cup	shredded Mozzarella cheese (4 ounces)
1/2	cup	shredded Provolone cheese (2 ounces)
1/2	cup	sliced fresh mushrooms
1/2	cup	chopped Genoa salami (about 3 ounces)
1	medium	onion -- sliced
1	cup	chopped fresh basil
1	tablespoon	extra-virgin olive oil
1		egg -- beaten

Prepare Basic Pizza Dough and Simple Pizza Sauce. Heat oven to 425°. Grease pie plate, 10 x 1 1/2 inches. Divide dough in half. Press or roll one half into 13-inch circle on lightly floured surface; place in pie plate. Sprinkle sausage over dough in pie plate. Mix cheeses; sprinkle over sausage. Top with Simple Pizza Sauce, mushrooms, salami, onion and basil; drizzle with oil.

Press or roll remaining dough into 11-inch circle on lightly floured surface; place over filling. Pinch edges of dough together to seal; roll edge of dough up, forming a rim. Prick top of dough thoroughly with fork; brush with egg.

Bake about 30 minutes or until golden brown. Serve hot or cold.

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Description:

"Rustic Pizza Pies, or focaccias, come from rural southern Italy. Focaccias are baked at a moderate heat to allow the ingredients inside to cook evenly, unlike pizza, which is cooked quickly at a high temperature."

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Yield:

"2 Pizzas"

T(Bake):

"0:30"

Per serving: 332 Calories (kcal); 21g Total Fat; (57% calories from fat); 15g Protein; 20g Carbohydrate; 73mg Cholesterol; 760mg Sodium
Food Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates

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* Exported from MasterCook *

Basic Pizza Dough for Two Crusts

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Main and Side Dishes

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Amount	Measure	Ingredient -- Preparation Method
2	packages	active dry yeast
1	cup	warm water (105° to 115°)
2 1/3	cups	all-purpose flour* (2 1/3 to 2 2/3 cups)
2	teaspoons	olive oil
1	teaspoon	salt
1/2	teaspoon	sugar

Dissolve yeast in warm water in large bowl. Stir in half of the flour, the oil, salt and sugar. Stir in enough of the remaining flour to make dough easy to handle. Turn dough onto lightly floured surface; knead about 10 minutes or until smooth and elastic. Place in greased bowl; turn greased side up. Cover and let rise in warm place for 20 minutes.

Punch down dough. Cover and refrigerate for at least 2 hours but no longer than 48 hours. (Punch down dough as necessary.)

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"Everyone loves pizza! This dough is great for Classic Four Seasons Pizza (see recipe) or to make pizza with your favorite toppings."

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yield:

"2 crusts"

Per serving: 198 Calories (kcal); 2g Total Fat; (9% calories from fat); 6g Protein; 38g Carbohydrate; 0mg Cholesterol; 359mg Sodium
Food Exchanges: 2 1/2 Grain(starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat;
0 other Carbohydrates

NOTES : *If using self-rising flour, omit salt. One cup whole wheat flour can be substituted for 1 cup of the all-purpose flour if desired.

T1p

One pizza too many? Wrap the partially baked extra pizza, label and freeze no longer than two months. Heat oven to 375°. Bake a thin-crust pizza on a greased cookie sheet uncovered about 25 minutes and a thick-crust pizza about 55 minutes.

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* Exported from MasterCook *

Simple Pizza Sauce

Recipe By : [Sally](#)

Serving Size : 0 Preparation Time :0:00

Categories : Main and Side Dishes

Sauces

Amount Measure Ingredient -- Preparation Method

2 (28 ounce) cans imported pear-shaped tomatoes -- drained
1 tablespoon chopped fresh basil
1 1/2 teaspoons dried oregano
1 teaspoon freshly grated Romano cheese
2 teaspoons extra-virgin olive oil
1/4 teaspoon salt
1/4 teaspoon pepper

4 betty crocker best of baking recipes.txt
cloves garlic

Place all ingredients in food processor or blender; cover and process until smooth. Use immediately or cover and refrigerate sauce up to 48 hours. Freeze up to 2 months. Thaw in refrigerator before using.

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Yield:
"3 cups"

Per serving: 417 Calories (kcal); 12g Total Fat; (22% calories from fat); 16g Protein; 75g Carbohydrate; 2mg Cholesterol; 2913mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 13 1/2 Vegetable; 0 Fruit; 2 Fat;
0 Other Carbohydrates

Nutr. Assoc. : 2470 0 0 20087 0 0 0 0

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Rutabaga Casserole

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Casseroles Main and side dishes
 Vegetables

Amount	Measure	Ingredient -- Preparation Method
2	medium	rutabagas* (about 2 pounds)
2		eggs -- beaten
1/4	cup	dry bread crumbs
1/4	cup	half-and-half
2	teaspoons	sugar
		OR
2	teaspoons	corn syrup
1	teaspoon	salt
1/4	teaspoon	ground nutmeg
2	tablespoons	margarine or butter

Wash rutabagas; peel thinly. Cut into 1/2-inch cubes or 2-inch pieces. Boil cubes 20 to 25 minutes; boil pieces 30 to 40 minutes or until tender. Or steam 25 to 28 minutes or until tender.

Heat oven to 350°. Grease 1 1/2-quart casserole.

Drain rutabagas, reserving 1/4 cup cooking liquid. Mash rutabagas with reserved liquid. Stir remaining ingredients except margarine into rutabagas. Pour into casserole; dot with margarine.

Bake 45 to 50 minutes until top is light brown.

6 servings, about 3/4 cup each

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Per serving: 109 Calories (kcal); 7g Total Fat; (55% calories from fat); 3g Protein; 9g Carbohydrate; 66mg Cholesterol; 470mg Sodium
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

NOTES : *6 medium turnips (about 2 pounds) can be substituted for the rutabagas.

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Sally Lunn

Recipe By :
Serving Size : 16 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
2	packages	active dry yeast
1/2	cup	warm water (105° to 115°)
5 1/2	cups	all-purpose flour*
1/4	cup	shortening
1 1/2	cups	lukewarm milk (scalded then cooled)
2	tablespoons	sugar
1 1/2	teaspoons	salt
2		eggs

Dissolve yeast in warm water in large mixing bowl. Stir in remaining ingredients. Beat until smooth. Cover; let rise in warm place until double, about 1 hour.

Stir down batter by beating about 25 strokes. Spread in greased tube pan, 10 x 4 inches. Let rise to within 1 inch of top of pan, about 45 minutes.

Heat oven to 350°. Bake until loaf is golden brown and crusty, 45 to 50 minutes. Remove from pan; serve warm.

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Yield:
"1 cake"

Per serving: 211 calories (kcal); 4g Total Fat; (19% calories from fat); 6g Protein; 36g Carbohydrate; 24mg Cholesterol; 220mg Sodium
Food Exchanges: 2 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : *If using self-rising flour, omit salt.
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Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Bread Machine Breads

Amount	Measure	Ingredient -- Preparation Method
3/4	cup	prepared salsa
1/3	cup	plus 1 tablespoon water
2	tablespoons	margarine or butter -- softened
3	cups	bread flour
2	tablespoons	chopped fresh cilantro
2	tablespoons	sugar
1 1/2	teaspoons	salt
2	teaspoons	bread machine yeast

Make 1 1/2-pound recipe for bread machines that use 3 cups flour; make 1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/White cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.

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Yield:
"1 Loaf"

Per serving: 155 calories (kcal); 3g Total Fat; (14% calories from fat); 5g Protein; 28g Carbohydrate; 5mg Cholesterol; 358mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat;
0 Other Carbohydrates

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Salsa Bread (1-Pound Recipe)

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Bread Machine Breads

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	prepared salsa
1/4	cup	water
1	tablespoon	margarine or butter -- softened
2	cups	bread flour
1	tablespoon	chopped fresh cilantro
1	tablespoon	sugar
1	teaspoon	salt
1 1/4	teaspoons	bread machine yeast

Make 1 1/2-pound recipe for bread machines that use 3 cups flour; make
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1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/White cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.

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Yield:
"1 Loaf"

Per serving: 149 Calories (kcal); 2g Total Fat; (12% calories from fat); 5g Protein; 28g Carbohydrate; 4mg Cholesterol; 353mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat;
0 Other Carbohydrates

Nutr. Assoc. : 1325 O 2394 ■ 0 0 0 2019

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Salted Peanut Crisps

Recipe By :
Serving Size : 72 Preparation Time :0:00
Categories : Cookies & Brownies

Amount	Measure	Ingredient -- Preparation Method
1 1/2	cups	packed brown sugar
1/2	cup	margarine or butter -- softened
1/2	cup	shortening
2		eggs
2	teaspoons	vanilla
3	cups	all-purpose flour*
2	cups	salted peanuts
1/2	teaspoon	salt
1/2	teaspoon	baking soda

Heat oven to 375°. Mix brown sugar, margarine, shortening, eggs and vanilla. Stir in remaining ingredients.

Drop dough by rounded teaspoonfuls about 2 inches apart onto lightly greased cookie sheet. Flatten with greased bottom of glass dipped in sugar.

Bake until golden brown, ■ to 10 minutes. Immediately remove from cookie sheet.

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Yield:
"72 Cookies"

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Per serving: 85 calories (kcal); 5g Total Fat; (50% calories from fat); 2g Protein; 9g Carbohydrate; 5mg Cholesterol; 43mg Sodium
Food Exchanges: 1/2 Grain(Starch); ■ Lean Meat; ■ Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates

NOTES : "If using self-rising flour, omit baking soda and salt.
Nutr. Assoc. : 0 4098 0 0 0 14 4405 0 ■

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Santa Claus Cookies

Recipe By :
Serving Size : 18 Preparation Time :0:00
Categories : Cookies & Brownies Holiday

Amount	Measure	Ingredient -- Preparation Method
1	cup	granulated sugar
1/2	cup	shortening
2	tablespoons	milk
1	teaspoon	grated lemon peel
1		egg
2	cups	all-purpose flour
1	teaspoon	baking powder
1/2	teaspoon	baking soda
1/2	teaspoon	salt
		Creamy Frosting -- (recipe follows)
		OR
1 1/2	cups	Chocolate Frosting -- (see recipe)
		Miniature marshmallows
		Red sugar
		Currants or semisweet chocolate chips
		Red cinnamon candies
		Shredded coconut
		CREAMY FROSTING
1 1/2	cups	powdered sugar
2	tablespoons	water (2 to 3 tablespoons)
1/2	teaspoon	vanilla

Heat oven to 400°. Mix granulated sugar, shortening, milk, lemon peel and egg. Stir in flour, baking powder, baking soda and salt. Shape dough into 1 1/4-inch balls. Place about 2 inches apart on ungreased cookie sheet. Flatten to about 2 1/2-inches in diameter with greased bottom of glass dipped in sugar.

Bake until edges are light brown, 8 to 10 minutes. Cool on wire rack.

Spread 1 cookie with small amount of creamy frosting. (Frost and decorate cookies one at a time.) Sprinkle top third of cookie with red sugar. Press on miniature marshmallow for tassel of cap. Press 2 currants for the eyes and 1 red cinnamon candy for nose into center third of cookie. Sprinkle coconut over bottom third for beard.

CREAMY FROSTING:

Mix all ingredients until of desired consistency.

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Yield:

"18 Cookies"

Per serving: 236 Calories (kcal); 8g Total Fat; (29% calories from fat); 2g Protein; 40g Carbohydrate; 11mg Cholesterol; 135mg Sodium
Food Exchanges: 1/2 Grain(Starch); ■ Lean Meat; ■ Vegetable; 0 Fruit; 1 1/2 Fat;
2 Other Carbohydrates

NOTES : Santa Claus Cookie Pops: After shaping dough into balls, insert wooden ice-cream sticks halfway into balls; continue as directed.

Tip

To divide dough easily, press dough evenly in the bottom of a loaf pan lined with waxed paper. Lift out the dough using the waxed paper. Cut 3 strips lengthwise and 5 strips crosswise, then shape into balls.

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Chocolate Frosting

Recipe By :
Serving Size : 54 Preparation Time :0:00
Categories : Cookies & Brownies

Holiday

Amount	Measure	Ingredient -- Preparation Method
2	ounces	unsweetened chocolate
2	tablespoons	margarine or butter
3	tablespoons	water
2	cups	powdered sugar (about)

Heat unsweetened chocolate and margarine in 1 1/2-quart saucepan over low heat, stirring until melted; remove from heat. Beat in water and powdered sugar until smooth and of spreading consistency.

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Yield:

"2 1/2 Cups"

Per serving: 27 Calories (kcal); 1g Total Fat; (31% calories from fat); trace Protein; 5g Carbohydrate; 0mg Cholesterol; 5mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; ■ Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates

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Sausage Biscuits

Recipe By :
Serving Size : 10 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
1/2	pound	bulk pork sausage
1/3	cup	shortening
2	cups	all-purpose flour
3	teaspoons	baking powder
1/4	teaspoon	salt
3/4	cup	milk (about)

Heat oven to 450°. Cook sausage in 10-inch skillet over medium heat, stirring frequently, until brown. Drain if necessary. Cool sausage slightly; crumble.

Cut shortening into flour, baking powder and salt with pastry blender in large bowl until mixture resembles fine crumbs. Stir in sausage. Stir in just enough milk so dough leaves side of bowl and forms a ball.

Turn dough onto lightly floured surface; gently roll in flour to coat. Knead lightly 10 times. Roll or pat 1/2 inch thick. Cut with floured 2 1/2-inch biscuit cutter. Place about 1 inch apart on ungreased cookie sheet.

Bake 10 to 12 minutes or until golden brown. Immediately remove from cookie sheet. Serve hot. Refrigerate any remaining biscuits.

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Yield:
"10 Biscuits"

Per serving: 254 Calories (kcal); 16g Total Fat; (58% calories from fat); 6g Protein; 21g Carbohydrate; 16mg Cholesterol; 361mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 vegetable; 1/2 Fruit; 3 Fat;
0 Other Carbohydrates

NOTES : Making a delicious breakfast sandwich is a snap with these biscuits. Use a 3-inch biscuit cutter and bake the biscuits just a few minutes longer. Split the warm biscuits and fill with eggs and cheese.

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Sausage Pie

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Main and Side Dishes Pork

Amount	Measure	Ingredient -- Preparation Method
1 1/2	pounds	bulk pork sausage
1	medium	onion -- chopped (about 1/2 cup)

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1 tablespoon sugar
1 1/2 teaspoons salt
1 medium head green cabbage (1 3/4 pounds) -- cut into large chunks
and cored
1 (16 ounce) can whole tomatoes -- undrained
Pastry for 9-inch One-Crust Pie -- (recipe follows)
2 tablespoons all-purpose flour
1/4 cup cold water

ONE-CRUST PIE PASTRY
1/3 cup plus 1 tablespoon shortening
OR
1 1/3 cup lard
1 cup all-purpose flour
1/2 teaspoon salt
2 tablespoons cold water (2 to 3 tablespoons)

Cook and stir sausage and onion in Dutch oven until sausage is done; drain. Stir in sugar, salt, cabbage and tomatoes. Heat to boiling; reduce heat. Cover and simmer 10 minutes.

Heat oven to 400°. Prepare pastry; shape into flattened round on lightly floured cloth-covered board. Roll to fit top of 2-quart casserole. Fold into fourths; cut slits so steam can escape.

Mix flour and water; stir into hot sausage mixture. Pour into ungreased casserole. Place pastry over top and unfold; seal pastry to edge of casserole. Bake until crust is brown, 25 to 30 minutes.

ONE-CRUST PIE PASTRY:

Cut shortening into flour and salt until particles are size of small peas. Sprinkle in water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons water can be added if necessary).

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Yield:

"1 Pie"

Per serving: 727 Calories (kcal); 58g Total Fat; (71% calories from fat); 19g Protein; 34g Carbohydrate; 77mg Cholesterol; 1608mg Sodium
Food Exchanges: 1 Grain(Starch); 2 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 10 Fat; 0 other Carbohydrates

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0 2777

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Savory Breadsticks

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Recipe By :
Serving Size : 30 Preparation Time :0:00
Categories : Bread Machine Breads

Amount	Measure	Ingredient -- Preparation Method
3	cups	bread flour
1	cup	plus 2 tablespoons water
3	tablespoons	margarine or butter -- softened
2	tablespoons	sugar
2 1/4	teaspoons	bread machine yeast
2	teaspoons	dried rosemary leaves -- crushed
1 1/2	teaspoons	salt
1	teaspoon	dried oregano leaves -- crushed
1	tablespoon	water
1		egg white

Measure carefully, placing all ingredients except 1 tablespoon water and the egg white in bread machine pan in the order recommended by the manufacturer. Select Dough/ Manual cycle.

Grease cookie sheet. Divide dough into 30 equal pieces. Roll each piece into 8-inch rope. Place 1 inch apart on cookie sheet. Cover and let rise in warm place 20 to 25 minutes or until puffy.

Heat oven to 350°. Beat 1 tablespoon water and the egg white; brush over dough. Bake 15 to 20 minutes or until golden brown.

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Yield:
"30 Breadsticks"

Per serving: 64 calories (kcal); 1g Total Fat; (19% calories from fat); 2g Protein; 11g Carbohydrate; trace Cholesterol; 123mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

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savory Calzones

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Bread Machine Breads

Amount	Measure	Ingredient -- Preparation Method
2 1/2	cups	bread flour
1	cup	water
1	tablespoon	olive or vegetable oil
2 1/4	teaspoons	bread machine yeast
1	teaspoon	sugar
1	teaspoon	salt
		Savory Filling -- (recipe follows)

1 betty crocker best of baking recipes.txt
egg -- slightly beaten

6	SAVORY FILLING		
1/3	cup	sun-dried tomato halves (not oil-packed)	
1 1/2	cups	pesto	
		shredded Mozzarella or Provolone cheese (6	
4	ounces	ounces)	
(about 1 cup)		Canadian-style bacon or ham -- cut into thin strips	
1	cup	sliced mushrooms (3 ounces)	
		Freshly ground pepper	

Measure carefully, placing all ingredients except Savory Filling and egg in bread machine pan in the order recommended by the manufacturer. Select Dough/Manual cycle.

Heat oven to 375°. Grease cookie sheet. Divide dough into 6 equal pieces. Roll each piece into 7-inch circle on lightly floured surface with floured rolling pin. Add Savory Filling. Fold dough over filling; fold edge up and pinch securely to seal. Place on cookie sheet. Brush with egg. Bake 25 to 30 minutes or until golden brown.

SAVORY FILLING:

Soak tomatoes in 1 cup very hot water about 10 minutes or until softened; drain and finely chop. Spread 1 tablespoon pesto on each circle to within 1 inch of edge. Layer cheese, bacon, mushrooms and tomatoes on half of each circle to within 1 inch of edge. Sprinkle with pepper.

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Yield:

"6 Calzones"

Per serving: 434 Calories (kcal); 19g Total Fat; (38% calories from fat); 21g Protein; 45g Carbohydrate; 70mg Cholesterol; 844mg Sodium
Food Exchanges: 3 Grain(Starch); 2 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates

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Savory Cheese Swirl

Recipe By :
Serving Size : 16 Preparation Time :0:00
Categories : Breads Holiday

Amount	Measure	Ingredient -- Preparation Method
1/2		Refrigerator Roll Dough -- (see recipe)
1	cup	shredded Swiss or Mozzarella cheese (4 ounces)
1/4	cup	finely chopped red or green bell pepper
2	tablespoons	finely chopped onion
2	tablespoons	mayonnaise
		OR

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2 tablespoons salad dressing
1 tablespoon chopped fresh cilantro leaves
OR
1 teaspoon dried cilantro leaves
1/2 teaspoon ground cumin

Grease large cookie sheet. Roll dough into rectangle, 15 x 10 inches, on lightly floured surface. Mix 1/2 cup of the cheese and the remaining ingredients. Spread cheese mixture over dough to within 1/2 inch of edges. Roll up tightly, beginning at 15-inch side. Pinch edge of dough into roll to seal. Stretch and shape until even.

Cut roll lengthwise in half, using kitchen scissors. Place end of one strip, cut side up, in center of cookie sheet; loosely coil strip. Place second strip, cut side up, end-to-end with first strip; pinch end together. Continue coiling second strip loosely around first strip; tuck end under coil. Cover and let rise in warm place about 25 minutes or until double. (Dough is ready if indentation remains when touched.)

Heat oven to 375°. Bake 20 to 25 minutes or until golden brown. Immediately sprinkle with remaining cheese. Serve warm.

1 loaf (16 slices)

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Yield:
"1 Loaf"

Per serving: 189 Calories (kcal); 8g Total Fat; (39% calories from fat); 5g Protein; 24g Carbohydrate; 19mg Cholesterol; 148mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates

NOTES : You can substitute chopped, well-drained pimiento if red peppers are not available, and you'll have the same cheerful effect.
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Refrigerator Roll Dough

Recipe By :
Serving Size : 0 Preparation Time :0:00
Categories : Breads Holiday

Amount	Measure	Ingredient -- Preparation Method
1	package	regular or quick-acting active dry yeast
1 1/2	cups	warm water (105° to 115°)
1	cup	unseasoned Lukewarm mashed potatoes
2/3	cup	sugar
2/3	cup	shortening
1 1/2	teaspoons	salt
2		eggs
6	cups	all-purpose flour (6 to 7 cups)

Dissolve yeast in warm water in large bowl. Stir in potatoes, sugar, shortening, salt, eggs and 3 cups of the flour. Beat until smooth. Mix in

enough remaining flour to make dough easy to handle.

Turn dough onto lightly floured surface; gently roll in flour to coat. Knead about 5 minutes or until smooth and elastic. Place in greased bowl; turn greased side up. Cover bowl tightly; refrigerate at least 1 hour but no longer than 5 days.

Punch down dough; divide into 4 equal parts.

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yield:

"10 cups"

Per serving: 4772 Calories (kcal); 158g Total Fat; (29% calories from fat); 95g Protein; 737g Carbohydrate; 378mg Cholesterol; 3830mg Sodium
Food Exchanges: 39 1/2 Grain(starch); 2 Lean Meat; 0 Vegetable; 0 Fruit; 29 Fat;
9 Other Carbohydrates

Nutr. Assoc. : 2019 5472 4113 0 0 0 0 14

* Exported from MasterCook *

Savory Roasted Pepper Bread (1 1/2-Pound Recipe)

Recipe By : **Shirley** Serving Size : 12 Preparation Time :0:00
Categories : **Bread Machine** Breads

Amount	Measure	Ingredient -- Preparation Method
3/4	cup	water
1/4	cup	chopped roasted red bell peppers (from a jar)
1	tablespoon	margarine or butter -- softened
2	cloves	garlic -- crushed
3	cups	bread flour
3	tablespoons	grated Parmesan cheese
2	tablespoons	sugar
1 1/2	teaspoons	salt
1 1/2	teaspoons	dried basil leaves
2	teaspoons	bread machine yeast

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/white cycle. Use Medium or Light crust color. Do not use delay cycles. Remove baked bread from pan and cool on wire rack.

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yield:

"1 Loaf"

Per serving: 150 Calories (kcal); 2g Total Fat; (11% calories from fat); 5g Protein; 28g Carbohydrate; 4mg Cholesterol; 301mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); ■ Lean Meat; ■ Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 4752 2394 0 0 0 0 0 3091 2019

* Exported from MasterCook *

Savory Roasted Pepper Bread (1-Pound Recipe)

Recipe By :
Serving Size : ■ Preparation Time :0:00
Categories : Bread Machine

Breads

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	water
3	tablespoons	chopped roasted red bell peppers (from a jar)
2	teaspoons	margarine or butter -- softened
1	clove	garlic -- crushed
2	cups	bread flour
2	tablespoons	grated Parmesan cheese
1	tablespoon	sugar
1	teaspoon	salt
1	teaspoon	dried basil leaves
1 1/4	teaspoons	bread machine yeast

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound rectpe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Basic/White cycle. Use Medium or Light crust color. Do not use delay cycles. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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yield:

"1 Loaf"

Per serving: 147 Calories (kcal); 2g Total Fat; (11% calories from fat); 5g Protein; 27g Carbohydrate; 1mg Cholesterol; 302mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; ■ Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 4752 4098 0 ■ ■ 0 0 0 3091 2019

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* Exported from MasterCook *

Savory Stuffed Mushrooms

Recipe By :
Serving Size : 36 Preparation Time :0:00
Categories : Appetizers

Holiday

Amount	Measure	Ingredient -- Preparation Method
36	medium	mushrooms (about 1 pound)
1	small	onion -- chopped (about 1/4 cup)
1/4	cup	chopped green bell pepper
2	tablespoons	margarine or butter
1 1/2	cups	soft bread crumbs (about 2 1/2 slices bread)
1 1/2	teaspoons	chopped fresh thyme leaves OR
1/2	teaspoon	dried thyme leaves
1/2	teaspoon	salt
1/4	teaspoon	ground turmeric
1/4	teaspoon	pepper

Remove stems from mushrooms; reserve caps. Finely chop enough stems to measure 1/3 cup. Cook mushroom stems, onion and bell pepper in margarine in 10-inch skillet about 5 minutes, stirring occasionally, until tender; remove from heat. Stir in remaining ingredients.

Heat oven to 350°. Lightly grease shallow baking dish, 12 x 7 x 1 1/2 inches, with nonstick cooking spray. Fill mushroom caps with bread crumb mixture. Place mushrooms, filled sides up in baking dish.

Bake uncovered 15 minutes. Set oven control to broil. Broil with tops 3 to 4 inches from heat about 2 minutes or until light brown.

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Yield:
"36 Appetizers"

Per serving: 17 calories (kcal); 1g Total Fat; (39% calories from fat); 1g Protein; 2g Carbohydrate; trace Cholesterol; 48mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 26405 0 0 4098 20226 26058 ■ 2130706543 0 0 0

* Exported from MasterCook *

Scalloped Corn

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Main and Side Dishes

Rice and Grains

Amount	Measure	Ingredient -- Preparation Method

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4	ears	corn
2	tablespoons	margarine or butter
1	small	onion -- chopped (1/4 cup)
1/4	cup	chopped green bell pepper
2	tablespoons	all-purpose flour
1/2	teaspoon	salt
1/2	teaspoon	paprika
1/4	teaspoon	ground mustard (dry)
	dash	pepper
3/4	cup	milk
1	large	egg -- slightly beaten
1/3	cup	fine dry cracker crumbs
1	tablespoon	margarine or butter -- melted

Prepare corn. Boil ears in enough unsalted cold water to cover. Add 1 tablespoon sugar and 1 tablespoon lemon juice to each gallon of water, if desired. Heat to boiling. Boil uncovered 2 minutes; remove from heat. Let stand uncovered 10 minutes. Or steam ears 6 to 9 minutes or until tender. Cut enough kernels from ears to measure 2 cups.

Heat oven to 350°.

Melt 2 tablespoons margarine in 1-quart saucepan over medium heat. Cook onion and bell pepper in margarine about 2 minutes, stirring occasionally, until onion is tender; remove from heat.

Stir in flour, salt, paprika, mustard and pepper. Cook, stirring constantly, until mixture is bubbly; remove from heat. Gradually stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in corn and egg. Pour into ungreased 1-quart casserole.

Mix cracker crumbs and 1 tablespoon melted margarine. Sprinkle over corn mixture. Bake uncovered 30 to 35 minutes or until bubbly.

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Per serving: 256 Calories (kcal); 13g Total Fat; (43% calories from fat); 7g Protein; 30g Carbohydrate; 53mg Cholesterol; 507mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates

NOTES : Chile Scalloped Corn: Omit paprika and mustard. Add 1/2 teaspoon chile powder and 1/2 teaspoon ground cumin with the flour. Stir in 1 can (4 ounces) chopped green chiles drained, with the egg.

Tip

Substitute 1 package (10 ounces) frozen whole kernel corn, cooked and drained, or 1 can (16 ounces) whole kernel corn, drained, for the cooked fresh corn.

Nutr. Assoc. : 3209 4098 0 0 ■ ■ 0 518 ■ 0 ■ 5696 4098

* Exported from MasterCook *

Shrimp with Prosciutto

Recipe By :
Serving Size : 18 Preparation Time :0:00
Categories : Appetizers
 Holiday

Fish and Shellfish

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Amount	Measure	Ingredient -- Preparation Method
2	tablespoons	margarine or butter
2	tablespoons	olive or vegetable oil
2		anchovy fillets in oil -- finely chopped
1	tablespoon	chopped fresh parsley
2	cloves	garlic -- finely chopped
18		raw jumbo shrimp (in shells)
9	thin slices	prosciutto or fully cooked virginia ham -- cut in half
1/2	cup	dry white wine
1	tablespoon	lemon juice (1 to 2 tablespoons)

Heat oven to 375°. Heat margarine and oil in baking dish, 9 x 9 x 2 inches, in oven until margarine melts. Mix anchovies, parsley and garlic; spread over margarine mixture in baking dish. Peel shrimp, leaving tails intact. Make a shallow cut lengthwise down back of each shrimp; wash out vein. Wrap 1 half-slice prosciutto around each shrimp. Place shrimp on anchovy mixture.

Bake uncovered 10 minutes. Pour wine and lemon juice over shrimp. Bake about 10 minutes longer or until shrimp are pink.

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Yield:
"18 Appetizers"

Per serving: 161 Calories (kcal); 10g Total Fat; (58% calories from fat); 13g Protein; 2g Carbohydrate; 49mg Cholesterol; 931mg Sodium
Food Exchanges: 0 Grain(Starch); 2 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 4098 986 26004 0 0 3803 2819 0 797

* Exported from MasterCook *

simple Pizza Sauce

Recipe By :
Serving Size : 0 Preparation Time :0:00
Categories : Main and Side Dishes Sauces

Amount	Measure	Ingredient -- Preparation Method
2	(28 ounce) cans	imported pear-shaped tomatoes -- drained
1	tablespoon	chopped fresh basil
1 1/2	teaspoons	dried oregano
1	teaspoon	freshly grated Romano cheese
2	teaspoons	extra-virgin olive oil
1/4	teaspoon	salt
1/4	teaspoon	pepper
4	cloves	garlic

Place all ingredients in food processor or blender; cover and process until smooth. Use immediately or cover and refrigerate sauce up to 48 hours. Freeze up to 2 months. Thaw in refrigerator before using.

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Yield:

"3 cups"

Per serving: 417 calories (kcal); 12g Total Fat; (22% calories from fat); 16g Protein; 75g Carbohydrate; 2mg Cholesterol; 291.3mg Sodium
Food Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 2470 0 0 20087 0 0 0 0

* Exported from MasterCook *

skillet Chile-Cheese Cornbread

Recipe By :
Serving Size : 12 Preparation Time : 0:00
Categories : Breads Holiday

Amount	Measure	Ingredient -- Preparation Method
1 1/2	cups	cornmeal
1/2	cup	all-purpose flour
1/2	cup	shredded Cheddar cheese (2 ounces)
1/4	cup	shortening
1 1/2	cups	buttermilk
2	teaspoons	baking powder
1	teaspoon	sugar
1	teaspoon	salt
1/2	teaspoon	baking soda
1/2	teaspoon	chile powder
2		eggs
1	(4 ounce) can	chopped green chiles -- well drained

Heat oven to 450°. Grease 10-inch ovenproof skillet, round pan, 9 x 1 1/2 inches, or square pan, 8 x 8 x 2 inches. Mix all ingredients; beat vigorously 30 seconds. Pour into skillet or pan.

Bake skillet about 20 minutes, round or square pan 25 to 30 minutes or until golden brown. Serve warm.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"A down-home favorite, perfect served right from the skillet."

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Per serving: 166 calories (kcal); 7g Total Fat; (39% calories from fat); 5g Protein; 20g Carbohydrate; 37mg Cholesterol; 494mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

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NOTES : For festive flair, just before baking arrange thin slices of red or green bell peppers in the shape of Christmas trees on top of the batter.

Nutr. Assoc. : 0 0 4922 0 0 0 0 ■ 2614 ■ 27203

* Exported from MasterCook *

Soft Pumpkin Drops

Recipe By :
Serving Size : 48 Preparation Time :0:00
Categories : Cookies & Brownies

Amount	Measure	Ingredient -- Preparation Method
1	cup	sugar
1	cup	canned pumpkin
1/2	cup	shortening
1	tablespoon	grated orange peel
2	cups	all-purpose flour
		OR
2	cups	whole wheat flour
1	teaspoon	baking powder
1	teaspoon	baking soda
1	teaspoon	ground cinnamon
1/4	teaspoon	salt
1/2	cup	raisins
1/2	cup	chopped nuts
		Creamy Vanilla Frosting -- (recipe follows)
3	cups	CREAMY VANILLA FROSTING
1/3	cup	powdered sugar
1 1/2	teaspoons	margarine or butter -- softened
2	tablespoons	vanilla
		milk (about)

Heat oven to 375°. Mix sugar, pumpkin, shortening and orange peel. Stir in flour, baking powder, baking soda, cinnamon and salt. Mix in raisins and nuts.

Drop by rounded teaspoonfuls about 2 inches apart onto ungreased cookie sheet.

Bake until light brown, 8 to 10 minutes; cool. Frost with creamy vanilla frosting.

CREAMY VANILLA FROSTING:

Mix powdered sugar and margarine. Stir in vanilla and milk; beat until smooth and of spreading consistency.

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Yield:

"48 Cookies"

Per serving: 111 Calories (kcal); 4g Total Fat; (34% calories from fat); 1g Protein; 18g Carbohydrate; 3mg Cholesterol; 62mg Sodium
Food Exchanges: 1/2 Grain(Starch); ■ Lean Meat; ■ Vegetable; 0 Fruit; 1 Fat; 1

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other Carbohydrates

Nutr. Assoc. : 0 0 0 0 14 0 2130706543 ■ ■ ■ ■ ■ 2130706543 0 0 0 2394 0
4038

* Exported from MasterCook *

Sole Parmesan

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Fish and Shellfish Main and Side Dishes

Amount	Measure	Ingredient -- Preparation Method
8		thin sole fillets
		OR
8		thin orange roughy fillets (about 2 1/2 pounds)
1/2	cup	all-purpose flour
2	tablespoons	margarine or butter
2		green onions -- thinly sliced
1/2	teaspoon	salt
1/2	teaspoon	pepper
1	cup	dry white wine
		OR
1	cup	chicken broth
3	tablespoons	lemon juice
1/2	cup	freshly grated Parmesan cheese

Heat oven to 375°. Coat fish fillets with flour; set aside. Melt margarine in 12-inch ovenproof skillet over medium-low heat. Cook onions in margarine 3 to 5 minutes, stirring occasionally, until crisp-tender. Add fish and cook uncovered 4 minutes. Turn fish carefully. Cook 4 minutes longer. Sprinkle with salt and pepper. Pour wine and lemon juice into skillet. Sprinkle with cheese. Bake uncovered 15 minutes or until hot and bubbly.

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T(Bake):
"0:15"

Per serving: 496 Calories (kcal); 13g Total Fat; (25% calories from fat); 67g Protein; 15g Carbohydrate; 164mg Cholesterol; 788mg Sodium
Food Exchanges: 1 Grain(Starch); 9 1/2 Lean Meat; ■ Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 5030 0 2130706543 0 4098 ■ ■ ■ 0 0 2130706543 0 20086

* Exported from MasterCook *

Sour Cream Coffee Cake

Recipe By :
Serving Size : 16 Preparation Time :0:00

betty crocker best of baking recipes.txt
Categories : Cakes Holiday

Amount	Measure	Ingredient -- Preparation Method
1 1/2	cups	sugar
3/4	cup	margarine or butter (1 1/2 sticks) -- softened
1 1/2	teaspoons	vanilla
3		eggs
3	cups	all-purpose flour
		OR
3	cups	whole wheat flour
1 1/2	teaspoons	baking powder
1 1/2	teaspoons	baking soda
3/4	teaspoon	salt
1 1/2	cups	sour cream
		Filling -- (recipe follows)
		Light Brown Glaze -- (recipe follows)
		FILLING
1/2	cup	packed brown sugar
1/2	cup	finely chopped nuts
1 1/2	teaspoons	ground cinnamon
		LIGHT BROWN GLAZE
1/4	cup	margarine or butter (1/2 stick)
2	cups	powdered sugar
1	teaspoon	vanilla
1	tablespoon	milk (1 to 2 tablespoons)

Heat oven to 350°. Grease tube pan, 10 x 4 inches, 12-cup bundt cake pan or 2 loaf pans, 9 x 5 x 3 inches. Beat sugar, margarine, vanilla and eggs in large bowl on medium speed 2 minutes, scraping bowl occasionally. Beat in flour, baking powder, baking soda and salt alternately with sour cream on low speed. Prepare Filling by mixing all ingredients.

For tube or bundt cake pan, spread one-third of the batter (about 2 cups) in pan and sprinkle with one-third of the filling (about 6 tablespoons); repeat twice. For loaf pans, spread one-fourth of the batter (about 1 1/2 cups) in each pan and sprinkle each with one-fourth of the filling (about 5 tablespoons); repeat once.

Bake tube pan or bundt cake pan about 1 hour, loaf pans about 45 minutes or until toothpick inserted near center comes out clean. Cool slightly; remove from pan to wire rack. Cool 10 minutes. Drizzle Light Brown Glaze over warm coffee cake. Serve warm or cool.

LIGHT BROWN GLAZE:

Heat margarine in 1 1/2 quart saucepan over medium heat until light brown; remove from heat. Stir in powdered sugar and vanilla. Stir in milk, 1 tablespoon at a time, until smooth and of drizzling consistency.

14 to 16 servings

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"This coffee cake is perfect to serve a crowd! When baked in loaf pans, you can serve one, and give the other as a gift."

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Yield:

"1 Cake"

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Per serving: 509 Calories (kcal); 20g Total Fat; (34% calories from fat); 8g Protein; 77g Carbohydrate; 45mg Cholesterol; 424mg Sodium
Food Exchanges: 2 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 4 Fat; 2 1/2 other Carbohydrates

Nutr. Assoc. : 0 4098 0 0 14 0 ■ ■ ■ ■ 2130706543 2130706543 0 0 2677 0
0 0 4098 0 0 4038

* Exported from MasterCook *

Sour Cream-Banana Bars

Recipe By :
Serving Size : 48 Preparation Time :0:00
Categories : Cookies & Brownies

Amount	Measure	Ingredient -- Preparation Method
1 1/2	cups	sugar
1	cup	sour cream
1 1/2	cup	margarine or butter -- softened
2		eggs
1 1/2	cups	mashed bananas (about 3 large)
2	teaspoons	vanilla
2	cups	all-purpose flour
1	teaspoon	salt
1	teaspoon	baking soda
1/2	cup	chopped nuts
		Browned Butter Frosting -- (recipe follows)
		BROWNED BUTTER FROSTING
1/3	cup	margarine or butter
3	cups	powdered sugar
1 1/2	teaspoons	vanilla
2	tablespoons	milk (about)

Heat oven to 375°. Grease and flour jelly roll pan, 15 1/2 x 10 1/2 x 1 inch. Mix sugar, sour cream, margarine and eggs in large mixer bowl on low speed, scraping bowl occasionally, 1 minute. Beat in bananas and vanilla on low speed 30 seconds. Beat in flour, salt and baking soda on medium speed, scraping bowl occasionally, 1 minute. Stir in nuts. Spread dough in pan.

Bake until light brown, 20 to 25 minutes. Cool; frost with Browned Butter Frosting. Cut into bars, about 2 x 1 1/2 inches.

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Yield:
"48 Bars"

Per serving: 130 Calories (kcal); 5g Total Fat; (35% calories from fat); 1g Protein; 20g Carbohydrate; 10mg Cholesterol; 113mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1 other Carbohydrates

NOTES : Tip

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Always check cookies at minimum bake times, as even one minute can make a difference with cookies, especially those high in sugar and fat.

Nutr. Assoc. : 0 0 4098 0 4111 0 0 ■ ■ ■ 2130706543 ■ 4098 0 0 4138

* Exported from MasterCook *

Sour Cream-Chocolate Cake

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Cakes

Desserts

Amount	Measure	Ingredient -- Preparation Method
2	cups	all-purpose flour*
2	cups	sugar
1/4	cup	shortening
1	cup	water
3/4	cup	dairy sour cream
1 1/4	teaspoons	baking soda
1	teaspoon	salt
1/2	teaspoon	baking powder
1	teaspoon	vanilla
2		eggs
4	ounces	melted unsweetened chocolate (cool)
1 1/2	cups	Chocolate Butter Frosting -- (see recipe)

Heat oven to 350°. Grease and flour rectangular pan, 13 x 9 x 2 inches, or 2 round pans, 9 x 1 1/2 inches. Beat all ingredients except frosting in large mixer bowl on low speed, scraping bowl constantly, 30 seconds. Beat on high speed, scraping bowl occasionally, 3 minutes. Pour into pan(s).

Bake until top springs back when touched lightly, rectangular 40 to 45 minutes, layers 30 to 35 minutes. Cool layers 10 minutes; remove from pans. Cool completely. Frost rectangular or fill and frost layers with Chocolate Butter Frosting (see recipe).

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Yield:
"1 Cake"

Per serving: 751 Calories (kcal); 35g Total Fat; (39% calories from fat); 8g Protein; 111g Carbohydrate; 56mg Cholesterol; 646mg Sodium
Food Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 6 1/2 Fat;
5 1/2 Other Carbohydrates

NOTES : *if using self-rising flour, decrease baking soda to 1/4 teaspoon and omit salt and baking powder.

Nutr. Assoc. : 14 0 0 0 1394 ■ 0 0 ■ 0 1323 ■

* Exported from MasterCook *

Chocolate Butter Frosting

Recipe By :
Serving Size : 16 Preparation Time :0:00

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Categories : Cakes

Desserts

Amount	Measure	Ingredient -- Preparation Method
1/3	cup	margarine or butter -- softened
2	ounces	melted unsweetened chocolate -- (cool)
2	cups	powdered sugar
1 1/2	teaspoons	vanilla
2	tablespoons	milk (about)

Mix margarine and chocolate. Mix in powdered sugar. Beat in vanilla and milk until smooth and of spreading consistency.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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yield:

"1 1/2 cups"

Per serving: 125 Calories (kcal); 7g Total Fat; (49% calories from fat); trace Protein; 16g Carbohydrate; 0mg Cholesterol; 62mg Sodium
Food Exchanges: 0 Grain(starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 1 Other Carbohydrates

Nutr. Assoc. : 4098 5387 0 0 4098

* Exported from MasterCook *

Southern Buttermilk Cornbread

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
1 1/2	cups	yellow, white or blue cornmeal
1/2	cup	all-purpose flour*
1 1/2	cups	buttermilk
1/4	cup	vegetable oil or shortening
2	teaspoons	baking powder
1	teaspoon	sugar
1	teaspoon	salt
1/2	teaspoon	baking soda
2	large	eggs

Heat oven to 450°. Grease bottom and side of round pan, 9 x 1 1/2 inches, square pan, 8 x 8 x 2 inches, or 10-inch ovenproof skillet with shortening.

Mix all ingredients. Beat vigorously 30 seconds. Pour batter into pan.

Bake round or square pan 25 to 30 minutes, skillet about 20 minutes or until golden brown. Serve warm.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Yield:
"1 Loaf"

Per serving: 147 Calories (kcal); 6g Total Fat; (36% calories from fat); 4g Protein; 19g Carbohydrate; 32mg Cholesterol; 353mg Sodium
Food Exchanges: 1 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

NOTES : * If using self-rising flour, decrease baking powder to 1 teaspoon and omit salt.

Lighter Southern Buttermilk Cornbread: For 3 grams of fat and 120 calories per serving, use fat-free buttermilk, decrease oil to 2 tablespoons and substitute 1/2 cup fat-free cholesterol-free egg product for the eggs.

Cheesy Mexican Cornbread: Decrease buttermilk to 1 cup, stir in 1 can (about 8 ounces) cream-style corn, 1 can (4 ounces) chopped green chiles, well drained, 1/2 cup shredded Monterey Jack or Cheddar cheese (2 ounces) and 1 teaspoon chile powder.

Corn Sticks: Grease 18 corn stick pans with shortening. Fill about 7/8 full. Bake 12 to 15 minutes. Makes 18 corn sticks.

Nutr. Assoc. : 5638 14 0 1563 0 0 0 0

* Exported from MasterCook *

Southwest Riblets

Recipe By :
Serving Size : 28 Preparation Time :0:00
Categories : Appetizers Holiday
 Pork

Amount	Measure	Ingredient -- Preparation Method
1	medium	onion -- chopped (about 1/2 cup)
2	tablespoons	vegetable oil
1	tablespoon	ground red chiles
6		dried juniper berries -- crushed, if desired
3	cloves	garlic -- finely chopped
1/2	teaspoon	salt
1/2	ounce	unsweetened chocolate -- grated
1	cup	water
2	tablespoons	cider vinegar
1	(6 ounce) can	tomato paste
2	tablespoons	sugar
3	pounds	rack fresh pork back ribs -- cut lengthwise across bone in half

cook onion in oil in 2-quart saucepan 2 minutes, stirring frequently. Stir in ground red chiles, juniper berries, garlic and salt. Cover and cook 5 minutes, stirring occasionally. Stir in chocolate until melted.

Pour water, vinegar and tomato paste into food processor or blender. Add onion mixture and sugar. Cover and process, or blend, until well blended.

Heat oven to 375°. Cut between pork back ribs to separate. Place in single layer in roasting pan. Pour sauce evenly over pork.

Bake uncovered 30 minutes; turn pork. Bake about 30 minutes longer or

until done.

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Yield:

"28 Appetizers"

Per serving: 107 Calories (kcal); 8g Total Fat; (70% calories from fat); 5g Protein; 3g Carbohydrate; 24mg Cholesterol; 109mg Sodium
Food Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 3624 0 0 0 0 0 0 0 4547 0

* Exported from MasterCook *

Spiced Honey-Lemon Muffins

Recipe By :
Serving Size : 8 Preparation Time : 0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
3/4	cup	milk
1/3	cup	vegetable oil
1/4	cup	honey
2	teaspoons	grated lemon peel
1		egg
2	cups	all-purpose flour
2 1/2	teaspoons	baking powder
1/2	teaspoon	salt
1/2	teaspoon	ground cinnamon
1/4	teaspoon	ground allspice
		Honey-Lemon Glaze -- (recipe follows)
		HONEY-LEMON GLAZE
2	tablespoons	honey
1/4	teaspoon	grated lemon peel
2	teaspoons	lemon juice

Heat oven to 400°. Grease bottoms only of 8 medium muffin cups, 2 1/2 x 1 1/4 inches, or line with paper baking cups. Beat milk, oil, honey, lemon peel and egg in large bowl. Stir in remaining ingredients except Honey-Lemon Glaze just until flour is moistened. Divide batter evenly among muffin cups (cups will be about 3/4 full).

Bake 20 to 22 minutes or until golden brown. Immediately remove from pan. Brush Honey-Lemon Glaze over warm muffins.

To make the Honey-Lemon Glaze:

Mix all ingredients until well blended.

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Yield:
8 Muffins

Per serving: 267 calories (kcal); 11g Total Fat; (35% calories from fat); 5g Protein; 39g Carbohydrate; 26mg Cholesterol; 305mg Sodium
Food Exchanges: 1 1/2 Grain(starch); 1 Lean Meat; 1 Vegetable; 0 Fruit; 2 Fat; 1 other Carbohydrates

NOTES : Some of the warm glaze will drip off the warm muffins, so place muffins on a serving plate, cookie sheet or waxed paper for easier cleanup.

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* Exported from MasterCook *

Spicy Apple Bread (1 1/2-Pound Recipe)

Recipe By : [Brenda](#) Serving size : 12 Preparation Time :0:00
Categories : Bread Machine [Breakfast](#) [Breads](#)

Amount	Measure	Ingredient -- Preparation Method
1	cup	plus 1 tablespoon water
2	tablespoons	margarine or butter -- softened
3	cups	bread flour
1/3	cup	cut-up dried apples
2	tablespoons	dry milk
2	tablespoons	sugar
1 1/2	teaspoons	salt
2 1/2	teaspoons	apple pie spice
2	teaspoons	bread machine yeast

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Sweet or Basic/white cycle. use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.

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Yield:
1 Loaf

Per serving: 164 Calories (kcal); 3g Total Fat; (15% calories from fat); 5g Protein; 30g Carbohydrate; 1mg Cholesterol; 297mg Sodium
Food Exchanges: 1 1/2 Grain(starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat;
0 Other Carbohydrates

NOTES : Apple Pie Spice can be made by mixing 2 parts cinnamon with 1 part nutmeg to equal the amount called for.

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Spicy Apple Bread (1-Pound Recipe)

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Bread Machine Breads

Amount	Measure	Ingredient -- Preparation Method
2/3	cup	water
1	tablespoon	margarine or butter -- softened
2	cups	bread flour
1/4	cup	cut-up dried apples
1	tablespoon	dry milk
1	tablespoon	sugar
1	teaspoon	salt
1 1/2	teaspoons	apple pie spice
1 1/2	teaspoons	bread machine yeast

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

Select Sweet or Basic/White cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Yield:
"1 Loaf"

Per serving: 158 Calories (kcal); 2g Total Fat; (14% calories from fat); 5g Protein; 29g Carbohydrate; 1mg Cholesterol; 291mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat;
0 Other Carbohydrates

NOTES : Apple Pie Spice can be made by mixing 2 parts cinnamon with 1 part nutmeg to equal the amount called for.

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* Exported from MasterCook *

Spicy Walnut-Raisin Pie

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method
3	2/3 cup	Favorite Pastry for 9-Inch One-Crust Pie -- (see recipe) eggs sugar

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1/2	teaspoon	salt
1/2	teaspoon	ground cinnamon
1/2	teaspoon	ground nutmeg
1/2	teaspoon	ground cloves
1	cup	light or dark corn syrup
1/3	cup	margarine or butter -- melted
1/2	cup	coarsely chopped walnuts
1/2	cup	raisins

Heat oven to 375°. Prepare pastry. Beat eggs, sugar, salt, cinnamon, nutmeg, cloves, corn syrup and margarine with hand beater until blended. Stir in walnuts and raisins. Pour into pastry-lined pie plate.

Bake until set, 40 to 50 minutes.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"Love nuts? Then this is the pie for you!"

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Yield:

"1 Pie"

Per serving: 482 Calories (kcal); 22g Total Fat; (40% calories from fat); 6g Protein; 69g Carbohydrate; 78mg Cholesterol; 428mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 4 Fat; 3 Other Carbohydrates

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Favorite Pastry for 9-Inch One-Crust Pie

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method
1	cup	all-purpose flour
1/2	teaspoon	salt
1/3	cup	lard
		OR
1/3	cup	plus 1 tablespoon shortening
2	tablespoons	cold water (2 to 3 tablespoons)

Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons water can be added if necessary).

Gather pastry into ball; shape into flattened round on lightly floured cloth-covered surface.

Roll pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.

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Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll pastry under, even with plate. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. Or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into V shape; pinch again to sharpen. Fill and bake as directed in recipe.

For Baked Pie Shell: Heat oven to 475°. Prick bottom and side thoroughly with fork. Bake 8 to 10 minutes or until light brown; cool.

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Yield:

"1 Crust"

Per serving: 134 Calories (kcal); 9g Total Fat; (59% calories from fat); 2g Protein; 12g Carbohydrate; 8mg Cholesterol; 134mg Sodium
Food Exchanges: 1 Grain(Starch); 1 Lean Meat; 0 Vegetable; 1 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

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spinach Pesto

Recipe By :
Serving Size : 60 Preparation Time : 0:00
Categories : Holiday

Sauces

Amount	Measure	Ingredient -- Preparation Method
4	cups	firmly packed spinach (10 to 12 ounces)
1	cup	firmly packed fresh basil OR
1/2	cup	dried basil leaves
1	cup	grated Parmesan cheese
1	cup	olive oil
1/2	cup	chopped pine nuts OR
1/2	cup	chopped walnuts
1/2	teaspoon	salt
1/4	teaspoon	pepper
■	cloves	garlic

Place 2 cups of spinach and remaining ingredients in food processor. Cover and process 1 minute. Add remaining spinach and process about 2 minutes, stopping processor occasionally to scrape sides, until finely chopped and smooth. (Or place all ingredients except spinach in blender. Cover and blend on high speed about 1 minute, stopping blender occasionally to scrape sides. Add spinach, 1 cup at a time, blending until smooth after each addition.) Store covered in refrigerator up to 3 days or in freezer up to 3 months.

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Yield:

"7 1/2 cups"

Per serving: 45 Calories (kcal); 5g Total Fat; (88% calories from fat); 1g Protein; trace Carbohydrate; 1mg Cholesterol; 44mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

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Spinach Phyllo Pie

Recipe By :
Serving size : 6 Preparation Time :0:00
Categories : Main and Side Dishes Vegetarian

Amount	Measure	Ingredient -- Preparation Method
1	tablespoon	olive or vegetable oil
1	medium	onion -- chopped (1/2 cup)
1	medium	red bell pepper -- chopped (1 cup)
1	clove	garlic -- finely chopped
2	(9 ounce) packages	frozen chopped spinach -- thawed and squeezed to drain
1	(8 ounce) package	cream cheese -- softened
1/2	cup	crumbled Feta or Gorgonzola cheese (2 ounces)
2	large	eggs
1	tablespoon	chopped fresh dill
1	teaspoon	dried dill weed
1/2	teaspoon	salt
1/4	teaspoon	pepper
8	sheets	frozen phyllo (18 x 14 inches) -- thawed
2	tablespoons	stick margarine or butter -- melted*

Heat oven to 375°. Grease bottom and side of pie plate, 9 x 1 1/4 inches with margarine. Heat oil in 10-inch skillet over medium-high heat. Cook onion, bell pepper and garlic in oil, stirring frequently, until vegetables are crisp-tender; remove from heat. Stir in spinach, cream cheese, Feta cheese, eggs, dill weed, salt and pepper.

Cut stack of phyllo sheets into 12-inch square; discard extra phyllo. Cover with waxed paper, then with damp towel to prevent them from drying out. Brush each of 4 phyllo squares with margarine and layer in pie plate. Gently press into pie plate, allowing corners to drape over edge.

Spread spinach mixture evenly over phyllo. Fold ends of phyllo up and over filling so corners overlap on top. Brush with margarine and layer remaining 4 phyllo sheets over pie, allowing corners to drape over edge.

Gently tuck phyllo draping over top inside edge of pie plate. Cut through top phyllo layers into 6 wedges, using sharp knife or scissors.

Bake 35 to 45 minutes or until crust is golden brown and filling is hot. Let stand 10 minutes before serving.

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Fold ends of phyllo up and over filling so corners overlap on top. Brush with margarine and layer remaining 4 phyllo sheets over pie, allowing corners to drape over edge.

Carefully lift bottom layers of phyllo and tuck top corners between bottom layers and plate to seal.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Yield:
"1 Pie"

Per serving: 350 Calories (kcal); 25g Total Fat; (63% calories from fat); 11g Protein; 22g Carbohydrate; 115mg Cholesterol; 678mg Sodium
Food Exchanges: 1 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Fruit; 4 1/2 Fat; 0 Other Carbohydrates

NOTES : *We do not recommend using vegetable oil spreads.
Nutr. Assoc. : 986 ■ ■ 0 0 0 20048 3218 26124 0 2130706543 0 ■ 1290 4098

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Stained Glass Cookies

Recipe By :
Serving Size : 60 Preparation Time : 0:00
Categories : Cookies & Brownies Holiday

Amount	Measure	Ingredient -- Preparation Method
		Mary's Sugar Cookies -- see recipe
		Food colors

Prepare dough for Mary's Sugar Cookies. Before refrigerating, divide dough in half. Divide one half into 3 to 5 parts. Tint each part with a different food color. Wrap each tinted dough and the plain dough separately. Refrigerate at least 2 hours.

Heat oven to 375°. Grease cookie sheet lightly. Roll plain dough 1/8 inch thick on lightly floured surface. Cut with bell, star, tree or other decorative cookie cutter. Place on cookie sheet. Roll each tinted dough 1/8 inch thick; cut out different shapes and arrange on plain dough shapes.

Bake 7 to 8 minutes or until edges are light brown. Remove from cookie sheet. Cool on wire rack.

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Yield:
"60 Cookies"

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Per serving: 59 calories (kcal); 3g Total Fat; (47% calories from fat); 1g Protein; 7g Carbohydrate; 3mg Cholesterol; 58mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0

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Mary's Sugar Cookies

Recipe By :
Serving Size : 60 Preparation Time :0:00
Categories : Chapter II Rolling in Dough

Amount	Measure	Ingredient -- Preparation Method
1 1/2	cups	powdered sugar
1	cup	butter or margarine -- softened
1	teaspoon	vanilla
1/2	teaspoon	almond extract
1		egg
2 1/2	cups	all-purpose flour
1	teaspoon	baking soda
1	teaspoon	cream of tartar
		Granulated sugar

Beat powdered sugar and butter in large bowl with electric mixer on medium speed, or mix with spoon. Stir in vanilla, almond extract and egg. Stir in flour, baking soda and cream of tartar. Cover and refrigerate about 2 hours or until firm.

Heat oven to 375°. Roll half of dough at a time 1/8 inch thick on lightly floured cloth-covered surface. Cut into desired shapes. Place about 2 inches apart on ungreased cookie sheet. Sprinkle with granulated sugar. Bake 7 to 8 minutes or until light brown. Remove from cookie sheet to wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

You may notice that the nutritional information calculated by MasterCook is different from the nutritional information listed in the Betty Crocker® cookbooks. Because MasterCook and Betty Crocker® use different nutritional analysis programs and different nutrient databases, variations in results are expected.

Description:

"Sweet, crisp sugar cookies have made the grade throughout the years. Whether sprinkled with colored sugar, frosted or elaborately decorated, they're as popular as ever."

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T(chill):

"2:00"

Per serving: 59 calories (kcal); 3g Total Fat; (47% calories from fat); 1g Protein; 7g Carbohydrate; 3mg Cholesterol; 58mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

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NOTES : Cookie Tips

One of the nice things about rolled cookies is that they will wait until you are ready to bake them. Because the dough can always be refrigerated (and can be frozen, too), they're very convenient. We love them because they present lots of opportunity for creativity. Simple cookies are ideal for teaching the beginning baker how to handle a rolling pin.

Make It Your Way

Fruit-Flavored Sugar Cookies are very easy to make. Just sprinkle the cut out cookies with fruit-flavored gelatin instead of granulated sugar.

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Standing Beef Rib Roast with Yorkshire Pudding

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Beef Main and Side Dishes

Amount	Measure	Ingredient -- Preparation Method
4	pounds	beef rib roast (4 to 6 pounds) salt and pepper Yorkshire Pudding Batter -- (recipe follows)
		YORKSHIRE PUDDING BATTER
1	cup	all-purpose flour
1	cup	milk
1/2	teaspoon	salt
2		eggs

Heat oven to 325°. Place beef roast, fat side up, on rack in shallow roasting pan. Sprinkle with salt and pepper. Insert meat thermometer so tip is in center of thickest part of beef and does not touch bone or rest in fat. Do not add water.

Roast uncovered to desired degree of doneness: 135° for rare, 23 to 25 minutes per pound; 155° for medium, 27 to 30 minutes per pound.

About 30 minutes before roast reaches desired temperature, prepare Yorkshire Pudding Batter. Heat square pan, 9 x 9 x 2 inches, or rectangular baking dish, 11 x 7 x 1 1/2 inches, in oven.

When roast reaches desired temperature, remove from oven. Increase oven temperature to 425°. Transfer roast to warm platter; cover with aluminum foil. Pour 1/4 cup drippings from roasting pan; place drippings in heated square pan. Pour in pudding batter.

Bake about 25 minutes or until puffed and golden brown. Cut into squares; serve with beef.

YORKSHIRE PUDDING BATTER:

Mix all ingredients with hand beater just until smooth.

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Per serving: 753 Calories (kcal); 50g Total Fat; (61% calories from fat); 53g Protein; 18g Carbohydrate; 243mg Cholesterol; 368mg Sodium
Food Exchanges: 1 Grain(Starch); 7 Lean Meat; 1 Vegetable; 0 Fruit; 5 1/2 Fat; 0 Other Carbohydrates

NOTES : Yorkshire Pudding is an English classic, similar to a popover. However, instead of baking in individual cups, Yorkshire Pudding is baked in a pan, with the roast beef drippings. When puffed and golden, it is cut into squares and served with the roast beef.

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Starlight Yellow Cake

Recipe By : [Sally](#) Serving Size : 16 Preparation Time :0:00
Categories : Cakes [Desserts](#)

Amount	Measure	Ingredient -- Preparation Method
2 1/4	cups	all-purpose flour*
1 1/2	cups	sugar
1/2	cup	shortening
1 1/4	cups	milk
3 1/2	teaspoons	baking powder
1	teaspoon	salt
1	teaspoon	vanilla
3	large	eggs
2 1/4	cups	Chocolate Buttercream Frosting -- (see recipe), if desired
		OR
2 1/4	cups	Peanut Butter Buttercream Frosting -- (see recipe), if desired

Heat oven to 350°. Grease bottom and sides of rectangular pan, 13 x 9 x 2 inches, 2 round pans, 9 x 1 1/2 inches, or 3 round pans, 8 x 1 1/2 inches, with shortening; lightly flour.

Beat all ingredients except Chocolate Buttercream Frosting with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on high speed 3 minutes, scraping bowl occasionally. Pour into pan(s).

Bake rectangle 40 to 45 minutes, 9-inch rounds 30 to 35 minutes, 8-inch rounds 20 to 25 minutes, or until toothpick inserted in center comes out clean or until cake springs back when touched lightly in center. Cool rectangle in pan on wire rack. Cool rounds 10 minutes; remove from pans to wire rack. Cool completely.

Frost rectangle or fill and frost layers with Chocolate Buttercream Frosting.

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Yield:
"1 Cake"

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Per serving: 493 Calories (kcal); 18g Total Fat; (31% calories from fat); 6g Protein; 81g Carbohydrate; 38mg Cholesterol; 334mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 3 1/2 Fat; 4 1/2 Other Carbohydrates

NOTES : Jazz up this favorite cake by stirring in 1/2 cup chopped nuts, dried cherries or flaked coconut before pouring into pans.

*If using self-rising flour, omit baking powder and salt.

Peanut Butter Marble Cake: Substitute peanut butter for the shortening. Pour two-thirds of the batter (about 3 cups) into pan(s). Stir 3 tablespoons baking cocoa and 1/8 teaspoon baking soda into remaining batter. Drop chocolate batter by generous tablespoonfuls randomly in mounds onto peanut butter batter. Pull knife through batters in S-shaped curves in one continuous motion for marbled design. Turn pan one-fourth turn; repeat marbling. Bake and cool as directed in main recipe. Frost with Peanut Butter Buttercream Frosting (see recipe). If desired, drop about 1/4 cup prepared fudge topping by teaspoonfuls randomly over the top and marble as directed for the batter.

Poppy Seed Cake: Stir in 1/4 cup poppy seed with the sugar.
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Chocolate Buttercream Frosting

Recipe By :
Serving Size : 16 Preparation Time :0:00
Categories : Cakes Desserts

Amount	Measure	Ingredient -- Preparation Method
3	cups	powdered sugar
1/3	cup	stick margarine or butter -- softened*
2	teaspoons	vanilla
3	ounces	unsweetened baking chocolate -- melted and cooled
2	tablespoons	milk (2 to 3 tablespoon)

Mix all ingredients except milk in medium bowl. Stir in milk until smooth and spreadable. Frost one 13 x 9-inch cake generously or fills and frosts one 8- or 9-inch two-layer cake.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Yield:
"2 1/4 Cups"

Per serving: 151 Calories (kcal); 7g Total Fat; (38% calories from fat); 1g Protein; 24g Carbohydrate; trace Cholesterol; 46mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 1 1/2 Other Carbohydrates

NOTES : *we do not recommend using vegetable oil spreads.

To fill and frost one 8-inch three-layer cake, use 4 1/2 cups powdered sugar, 1/2 cup stick margarine or butter, softened, 3

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teaspoons vanilla and about 1/4 cup milk.
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Peanut Butter Buttercream Frosting

Recipe By :
Serving Size : 16 Preparation Time :0:00
Categories : Cakes Desserts

Amount	Measure	Ingredient -- Preparation Method
3	cups	powdered sugar
1/3	cup	peanut butter
1 1/2	teaspoons	vanilla
1/4	cup	milk

Mix powdered sugar and peanut butter in medium bowl. Stir in vanilla and milk.

Beat until smooth and spreadable. Frost one 13 x 9-inch cake or fills and frosts one 8- or 9-inch two-layer cake.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Yield:
"2 1/4 cups"

Per serving: 123 calories (kcal); 3g Total Fat; (20% calories from fat); 1g Protein; 24g Carbohydrate; 1mg Cholesterol; 27mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1 1/2 Other Carbohydrates

NOTES : Tip
Place all ingredients in food processor. Cover and process, stopping occasionally to scrape sides, until smooth and spreadable.

Nutr. Assoc. : 0 0 0 0

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Sticky Orange Rolls

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Bread Machine Breads

Amount	Measure	Ingredient -- Preparation Method
1	cup	water
1/4	cup	margarine or butter (1/2 stick) -- softened
3 1/2	cups	bread flour
1/3	cup	packed brown sugar
1	teaspoon	salt
1 1/2	teaspoons	bread machine yeast
1/2	cup	margarine or butter (1 stick) -- melted

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2 tablespoons grated orange peel
1/2 cup granulated sugar

Measure carefully, placing all ingredients except 1/2 cup melted margarine, the orange peel and granulated sugar in bread machine pan in the order recommended by the manufacturer. Select Dough/Manual cycle.

Grease rectangular pan, 13 x 9 x 2 inches. Divide dough in half. Roll each half into 12-inch rope on lightly floured surface. Cut each rope into 6 pieces.

Mix 1/2 cup melted margarine, the orange peel and granulated sugar in medium bowl. Dip dough pieces into orange mixture, covering dough completely. Place slightly apart in pan. Cover and let rise in warm place about 30 minutes or until double.

Heat oven to 350°. Bake 20 to 30 minutes or until golden brown.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Yield:
"12 Rolls"

Per serving: 303 Calories (kcal); 12g Total Fat; (35% calories from fat); 5g Protein; 44g Carbohydrate; 0mg Cholesterol; 315mg Sodium
Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat; 1 Other Carbohydrates

NOTES : Sticky Orange-Almond Rolls: Place 1 cup sliced unblanched almonds in small bowl. Roll dough pieces in almonds after dipping into orange mixture.

If you prefer evenly shaped rolls, roll dough pieces into balls before dipping into orange mixture.

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stollen

Recipe By :
Serving Size : 24 Preparation Time : 0:00
Categories : Cakes Holiday

Amount	Measure	Ingredient -- Preparation Method
3 1/2	cups	all-purpose flour
1/2	cup	sugar
1/2	teaspoon	salt
1	package	regular or quick-acting active dry yeast
3/4	cup	warm water (105° to 115°)
1/2	cup	margarine or butter (1 stick) -- softened
3		eggs
1		egg -- separated
1/2	cup	chopped blanched almonds
1/4	cup	chopped citron
1/4	cup	chopped candied cherries, if desired
1/4	cup	raisins
1	tablespoon	grated lemon peel

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Margarine or butter -- softened

1 tablespoon water
Creamy Frosting -- (recipe follows)

CREAMY FROSTING

1	1/2	cups	powdered sugar
2	tablespoons		water (2 to 3 tablespoons)
	1/2	teaspoon	vanilla

Mix 1 3/4 cups of the flour, the sugar, salt and yeast in large bowl. Add water, 1/2 cup margarine, the eggs and egg yolk. Beat on low speed 1 minute, scraping bowl frequently. Beat on medium speed 10 minutes, scraping bowl frequently. Stir in remaining flour, the almonds, citron, candied cherries, raisins and lemon peel. Scrape batter from side of bowl. Cover and let rise in warm place 1 1/2 to 2 hours or until double. (Dough is ready if indentation remains when touched.)

stir down batter by beating about 25 strokes. Cover tightly and refrigerate at least 8 hours.

Grease cookie sheet. Turn dough onto well-floured surface; gently roll in flour to coat. Divide in half. Press each half into oval, 10 x 7 inches. Spread with margarine. Fold lengthwise in half; press only folded edge firmly. Place on cookie sheet. Beat egg white and 1 tablespoon water; brush over dough. Cover and let rise 45 to 60 minutes or until double.

Heat oven to 375°. Bake 20 to 25 minutes or until golden brown. Cool 15 minutes. Drizzle Creamy Frosting over warm coffee cakes. If desired, decorate with almond halves, pieces of citron and candied cherry halves to resemble poinsettias, or dust frosting with powdered sugar. Serve warm or cool.

2 coffee cakes (12 slices each)

CREAMY FROSTING:

Mix all ingredients until of drizzling consistency.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"This rich, classic Christmas bread originated in Germany, where it is called weihnachts-stollen. Each province in the country has its own recipe and shape for the bread."

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yield:

"2 Coffee Cakes"

Per serving: 186 Calories (kcal); 7g Total Fat; (34% calories from fat); 3g Protein; 27g Carbohydrate; 29mg Cholesterol; 119mg Sodium

Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 1 1/2 Fat; 1 Other Carbohydrates

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Strawberries and Cream Cake

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Recipe By :
Serving Size : 16 Preparation Time :0:00
Categories : Cakes

Desserts

Amount	Measure	Ingredient -- Preparation Method
1	pint	Whipped Cream Cake -- (recipe follows) whipped Cream Cheese Frosting -- (recipe follows) strawberries -- sliced
2	cups	WHIPPED CREAM CAKE all-purpose flour OR
2 1/4	cups	cake flour
1 1/2	cups	sugar
2	teaspoons	baking powder
1/2	teaspoon	salt
1 1/2	cups	whipping (heavy) cream
3		eggs
1 1/2	teaspoons	vanilla
		WHIPPED CREAM CHEESE FROSTING
1	(3 ounce) package	cream cheese -- softened
1	tablespoon	milk
2	cups	whipping (heavy) cream
2/3	cup	powdered sugar

Bake Whipped Cream Cake as directed. Spread 1 layer with 1/2 cup of the Whipped Cream Cheese Frosting; top with layer of sliced strawberries. Place remaining cake layer on top. Spread thin layer of Frosting on side of cake.

Place remaining frosting in decorating bag with large open star tip #4B. Pipe vertical rows on side of cake. Pipe shell border around top edge of cake. Arrange sliced strawberries on top of cake. Refrigerate remaining cake.

WHIPPED CREAM CAKE:

Heat oven to 350°. Grease and flour 2 round pans, 8 x 1 1/2 or 9 x 1 1/2 inches. Mix flour, sugar, baking powder and salt.

Beat whipping cream in chilled large bowl until stiff. Beat eggs in small bowl about 5 minutes or until very thick and lemon colored. Fold eggs and vanilla into whipped cream. Add flour mixture, about 1/2 cup at a time, folding gently after each addition until blended. Pour batter into pans.

Bake 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans. Cool completely.

WHIPPED CREAM CHEESE FROSTING:

Beat cream cheese and milk in chilled bowl on low speed until smooth; beat in whipping cream and powdered sugar. Beat on high speed, scraping bowl occasionally, until stiff peaks form.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"Do you love raspberries or peaches? Any berries or cut-up fruit can be substituted for the strawberries in this luscious cake."

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Yield:

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"1 Cake"

Per serving: 367 Calories (kcal); 22g Total Fat; (53% calories from fat); 4g Protein; 39g Carbohydrate; 112mg Cholesterol; 174mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 4 1/2 Fat; 1 1/2 Other Carbohydrates

NOTES : Tip

Substitute 1 package (18.25 ounces) yellow cake mix with pudding for the whipped cream cake. Prepare and bake as directed on package.

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Strawberry Pie

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Baking with Kids Pies

Amount	Measure	Ingredient -- Preparation Method
1	cup	all-purpose flour
1/2	teaspoon	salt
1/3	cup	plus 1 tablespoon shortening
2	tablespoons	cold water (2 to 3 tablespoons)
6	cups	whole strawberries
1	cup	sugar
2	tablespoons	cornstarch
1/2	cup	water
1	(3 ounce) package	cream cheese -- softened

Heat oven to 475°.

Mix in medium bowl with fork:

1 cup all-purpose flour
1/2 teaspoon salt

Cut into flour mixture with pastry blender until pieces are the size of small peas:

1/3 cup plus 1 tablespoon shortening

Sprinkle in, 1 tablespoon at a time, tossing with fork until all the flour is wet and pastry almost leaves side of bowl:
2 to 3 tablespoons cold water

Cover a breadboard with a pastry cloth. Sprinkle flour lightly over cloth. Shape pastry into a ball on floured cloth. Shape ball into a flattened round. Roll pastry with floured cloth-covered rolling pin until pastry is 2 inches larger than pie plate turned upside down.

Fold pastry into fourths. Put pastry into pie plate, 9 x 1 1/2 inches. Unfold and fit pastry into plate, pressing firmly against bottom and side. Trim edge of pastry that hangs over pie plate to 1 inch from rim of plate. Fold and roll pastry under, even with pie plate, then press around edge with fork dipped in flour. Poke bottom and side of pastry many times with fork.

Bake ■ to 10 minutes or until crust is light brown. Cool completely on wire rack.

Wash in colander, then remove stems from:

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6 cups whole strawberries

Mash 2 cups of the strawberries in medium bowl with potato masher or fork to measure 1 cup mashed strawberries. Save the rest of the strawberries for step #14.

Mix in saucepan with wooden spoon:

1 cup sugar
2 tablespoons cornstarch

Stir in:

The mashed strawberries
1/2 cup water

Adult help: Cook sugar-strawberry mixture over medium-high heat, stirring all the time, until mixture thickens and boils. Boil and stir 1 minute, then cool.

Beat until smooth with wooden spoon, then spread over bottom of pie crust:

1 package (8 ounces) cream cheese, softened

Pile whole strawberries on cream cheese in pie crust. Pour cooked strawberry mixture over top. Refrigerate about 2 hours or until set. Cover and refrigerate any leftover pie.

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Yield:

"1 Pie"

Per serving: 307 Calories (kcal); 13g Total Fat; (36% calories from fat); 3g Protein; 47g Carbohydrate; 12mg Cholesterol; 167mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 2 1/2 Fat; 1 1/2 Other Carbohydrates

NOTES : Utensils You Will Need

2 Medium bowls • Dry-ingredient measuring cups • Measuring spoons
• Fork • Pastry blender • Pastry cloth and cloth cover for rolling pin • Rolling pin • Pie plate, 9 x 1 1/2 inches • Colander • Sharp knife • Potato masher • Pot holders • wire cooling rack • 1 1/2-quart saucepan • Liquid measuring cup • Wooden spoon

Here's another idea. . . Make Raspberry Pie: use 6 cups raspberries in place of the strawberries.

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Strawberry-Macadamia Nut Muffins

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
3/4	cup	milk
1/3	cup	margarine or butter -- melted
1		egg
2	cups	all-purpose flour

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2	2/3 cup	sugar
	2 teaspoons	baking powder
	1/2 teaspoon	salt
1	cup	chopped fresh strawberries
	1/2 cup	chopped macadamia nuts

Heat oven to 400°. Grease bottoms only of 12 medium muffin cups, 2 1/2 x 1 1/4 inches, or line with paper baking cups. Beat milk, margarine and egg in large bowl. Stir in flour, sugar, baking powder and salt just until flour is moistened. Fold in strawberries and macadamia nuts. Divide batter evenly among muffin cups (cups will be almost full). Sprinkle with sugar if desired.

Bake 20 to 22 minutes or until golden brown. Immediately remove from pan.

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Yield:
"12 Muffins"

Per serving: 222 Calories (kcal); 10g Total Fat; (40% calories from fat); 4g Protein; 30g Carbohydrate; 18mg Cholesterol; 242mg Sodium
Food Exchanges: 1 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Fruit; 2 Fat; 1 Other Carbohydrates

NOTES : Macadamia nuts have a rich, buttery, slightly sweet flavor. To keep them fresh, store opened containers of macadamia nuts in the refrigerator or freezer. If you'd like, you can substitute chopped pecans or almonds for the macadamia nuts in this recipe.

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stuffed zucchini

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Main and Side Dishes vegetables

Amount	Measure	Ingredient -- Preparation Method
4	medium	zucchini (about 2 pounds)
1	medium	onion -- chopped (about 1/2 cup)
1/4	cup	margarine or butter (1/2 stick)
1	(4 ounce) can	chopped green chiles -- drained
1	(2 ounce) jar	diced pimientos -- drained
1 1/2	cups	herb-seasoned stuffing mix (dry)
3/4	cup	shredded Mozzarella or Monterey Jack cheese

Heat 2 inches water (salted if desired) to boiling. Add zucchini. Heat to boiling; reduce heat. Cover and simmer just until tender, 8 to 10 minutes; drain. Cool slightly; cut each zucchini lengthwise in half. Spoon out pulp; chop coarsely. Place zucchini, cut sides up, in ungreased baking dish, 13 x 9 x 2 inches.

Heat oven to 350°. Cook and stir onion in margarine in 10-inch skillet until onion is tender. Stir in chopped pulp, chiles, pimientos and stuffing mix. Divide stuffing mixture among zucchini halves. Sprinkle each

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with about 1 tablespoon cheese. Bake uncovered until hot, 30 to 35
minutes.

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Per serving: 130 Calories (kcal); 9g Total Fat; (57% calories from fat); 5g
Protein; 10g Carbohydrate; 10mg Cholesterol; 265mg Sodium
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1 1/2
Fat; 0 Other Carbohydrates

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Super Snack Bars

Recipe By :
Serving Size : 32 Preparation Time :0:00
Categories : Baking with Kids Cookies & Brownies

Amount	Measure	Ingredient -- Preparation Method
		Shortening
3/4	cup	granulated sugar
3/4	cup	packed brown sugar
3/4	cup	margarine or butter (1 1/2 sticks) -- softened
1	teaspoon	vanilla
2	large	eggs
2	cups	all-purpose flour
1	teaspoon	baking soda
1/2	teaspoon	baking powder
1/2	teaspoon	salt
1	cup	whole-grain wheat flake cereal -- slightly crushed
3/4	cup	quick-cooking oats
3/4	cup	chopped pecans
2/3	cup	candy-coated chocolate candies
1/3	cup	candy-coated chocolate candies
1/4	cup	chopped pecans

Heat oven to 350°.

Grease rectangular pan with:
Shortening

Mix in large bowl with wooden spoon:

3/4 cup granulated sugar
3/4 cup packed brown sugar
3/4 cup (1 1/2 sticks) margarine or butter, softened
1 teaspoon vanilla
2 large eggs

Stir in:

2 cups all-purpose flour
1 teaspoon baking soda
1/2 teaspoon baking powder
1/2 teaspoon salt
1 cup whole-grain wheat flake cereal, slightly crushed

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3/4 cup quick-cooking oats
3/4 cup chopped pecans
2/3 cup candy-coated chocolate candies

Spread batter in pan.

sprinkle with:

1/3 cup candy-coated chocolate candies
1/4 cup chopped pecans

Bake 30 to 40 minutes or until golden brown. Cool completely on wire rack. Cut into about 2 x 1 1/4-inch bars.

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yield:

"32 Bars"

Per serving: 179 Calories (kcal); 9g Total Fat; (43% calories from fat); 2g Protein; 23g Carbohydrate; 13mg Cholesterol; 147mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat;
1 Other Carbohydrates

NOTES : Utensils You Will Need

Large Bowl • Dry-ingredient measuring cups • Small sharp knife •
Measuring spoons • Wooden spoon • Rectangular pan, 13 x 9 x 2
inches • Pot holders • Wire cooling rack • Ruler • Sharp knife

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Supper Popover

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Main and Side Dishes

Amount	Measure	Ingredient -- Preparation Method
1	pound	ground beef
1	(15 ounce) can	tomato sauce
1/4	cup	chopped green pepper
2	tablespoons	all-purpose flour*
1/2	teaspoon	salt
1/2	teaspoon	pepper
1	teaspoon	parsley flakes
2	cups	shredded Cheddar cheese (about 8 ounces)
2		eggs
1	cup	milk
1	tablespoon	vegetable oil
1	cup	all-purpose flour*
1/2	teaspoon	salt
2	tablespoons	chopped green onions

Heat oven to 425°. Cook and stir ground beef in 10-inch skillet until brown; drain. Stir in tomato sauce, green pepper, 2 tablespoons flour, 1/2 teaspoon salt, the pepper and parsley. Heat to boiling. Boil and stir 1 minute. Pour into ungreased baking pan, 13 x 9 x 2 inches. Sprinkle cheese on top.

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Beat eggs, milk, oil, 1 cup flour and 1/2 teaspoon salt with hand beater;
pour over cheese. Sprinkle with onions.

Bake until puffy and golden brown, 25 to 30 minutes. Serve immediately.

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Yield:
"6 Popovers"

Per serving: 471 calories (kcal); 27g Total Fat; (51% calories from fat); 30g Protein; 26g Carbohydrate; 154mg Cholesterol; 1097mg Sodium
Food Exchanges: 1 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates

NOTES : *Do not use self-rising flour in this recipe.
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Sweet Bread wreath

Recipe By :
Serving Size : 16 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
2		Basic Pizza Dough for Three Crusts -- (see recipe)
1/4	cup	eggs -- beaten
1/2	teaspoon	sugar
1/2	teaspoon	ground cinnamon
1/4	teaspoon	ground anise
		freshly grated nutmeg

Prepare Basic Pizza Dough. Heat oven to 350°. Grease cookie sheet. Divide dough into thirds. Roll each third dough into rope, 26 inches long. Braid ropes gently and loosely; pinch ends together. Shape braid into wreath on cookie sheet; pinch ends together. Let rise in warm place about 1 hour or until double.

Brush wreath with eggs. Mix remaining ingredients; sprinkle on wreath.

Bake 25 to 30 minutes or until golden brown.

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Description:
"Pizza dough takes on a new life in this pretty-and delicious-wreath."
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Yield:
"1 wreath"

Per serving: 60 calories (kcal); 1g Total Fat; (14% calories from fat); 2g

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Protein: 11g Carbohydrate: 23mg Cholesterol: 52mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

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Basic Pizza Dough for Three Crusts

Recipe By :
Serving Size : 0 Preparation Time :0:00
Categories : Main and Side Dishes

Amount	Measure	Ingredient -- Preparation Method
2	packages	active dry yeast
1 1/2	cups	warm water (105° to 115°)
3 3/4	cups	all-purpose flour* (3 3/4 to 4 cups)
1	tablespoon	olive oil
1	teaspoon	salt
1/2	teaspoon	sugar

Dissolve yeast in warm water in large bowl. Stir in half of the flour, the oil, salt and sugar. Stir in enough of the remaining flour to make dough easy to handle. Turn dough onto lightly floured surface; knead about 10 minutes or until smooth and elastic. Place in greased bowl; turn greased side up. Cover and let rise in warm place for 20 minutes.

Punch down dough. Cover and refrigerate for at least 2 hours but no longer than 48 hours. (Punch down dough as necessary.)

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"Everyone loves pizza! This dough is great for classic Four Seasons Pizza (see recipe) or to make pizza with your favorite toppings."

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Yield:

"3 Crusts"

Per serving: 312 Calories (kcal); 3g Total Fat; (9% calories from fat); 9g Protein; 61g Carbohydrate; 0mg Cholesterol; 360mg Sodium
Food Exchanges: 4 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : *If using self-rising flour, omit salt. One cup whole wheat flour can be substituted for 1 cup of the all-purpose flour if desired.

Tip

One pizza too many? Wrap the partially baked extra pizza, label and freeze no longer than two months. Heat oven to 375°. Bake a thin-crust pizza on a greased cookie sheet uncovered about 25 minutes and a thick-crust pizza about 55 minutes.

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Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method
2		Pastry for 9-Inch One-Crust Pie -- (see recipe)
3/4	cup	eggs
1	teaspoon	sugar
1/2	teaspoon	ground cinnamon
1/2	teaspoon	salt
1/2	teaspoon	ground ginger
1/4	teaspoon	ground cloves
1	(23 ounce) can	sweet potatoes -- drained and mashed (1 3/4 to 2 cups)
1	(12 ounce) can	evaporated milk
		whipped cream, if desired

Heat oven to 425°. Prepare Pastry. Beat eggs slightly in 2-quart bowl with hand beater; beat in remaining ingredients except whipped cream. Place pastry-lined pie plate on oven rack; pour sweet potato mixture into plate. Cover edge with 2-inch strip of aluminum foil to prevent excessive browning; remove foil last 15 minutes of baking. Bake 15 minutes.

Reduce oven temperature to 350°. Bake until knife inserted in center comes out clean, 45 to 50 minutes. Refrigerate until chilled, at least 4 hours. Serve with whipped cream, if desired. Immediately refrigerate remaining pie.

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Yield:
"1 Pie"

Per serving: 369 Calories (kcal); 13g Total Fat; (32% calories from fat); 7g Protein; 56g Carbohydrate; 67mg Cholesterol; 358mg Sodium
Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 2 1/2 Fat; 1 1/2 Other Carbohydrates

NOTES : Praline Sweet Potato Pie: Decrease second baking time to 35 minutes. Mix 1/3 cup packed brown sugar, 1/3 cup chopped pecans and 1 tablespoon margarine or butter, softened; sprinkle over pie. Bake until knife inserted in center comes out clean, about 10 minutes longer.

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Favorite Pastry for 9-Inch One-Crust Pie

Recipe By :
Serving Size : ■ Preparation Time :0:00
Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method
1	1/2 cup teaspoon	all-purpose flour
		salt

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1/3 cup lard
OR
1/3 cup plus 1 tablespoon shortening
2 tablespoons cold water (2 to 3 tablespoons)

Mix flour and salt. Cut in lard until particles are size of small peas. Sprinkle with water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons water can be added if necessary).

Gather pastry into ball; shape into flattened round on lightly floured cloth-covered surface.

Roll pastry 2 inches larger than inverted pie plate with floured cloth-covered rolling pin. Fold pastry into fourths; unfold and ease into plate, pressing firmly against bottom and side.

Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll pastry under, even with plate. Flatten pastry evenly on rim of pie plate. Press firmly around edge with tines of fork, dipping fork into flour occasionally to prevent sticking. Or build up edge of pastry. Place index finger on inside of pastry edge and knuckles (or thumb and index finger) on outside. Pinch pastry into V shape; pinch again to sharpen. Fill and bake as directed in recipe.

For Baked Pie Shell: Heat oven to 475°. Prick bottom and side thoroughly with fork. Bake 8 to 10 minutes or until light brown; cool.

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Yield:

"1 Crust"

Per serving: 134 Calories (kcal); 9g Total Fat; (59% calories from fat); 2g Protein; 12g Carbohydrate; 8mg Cholesterol; 134mg Sodium

Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

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Sweetened whipped cream

Recipe By :

Serving Size : 0 Preparation Time :0:00

Categories : Baking with Kids Cakes

Amount	Measure	Ingredient -- Preparation Method
2	3/4 cup tablespoons	whipping (heavy) cream granulated or powdered sugar

Chill medium bowl in freezer about 15 minutes or until cold.

Beat in chilled bowl with eggbeater until stiff:

3/4 cup whipping (heavy) cream
2 tablespoons granulated or powdered sugar

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Yield:
"1 1/2 cups"

Per serving: 712 Calories (kcal); 66g Total Fat; (81% calories from fat); 4g Protein; 30g Carbohydrate; 245mg Cholesterol; 67mg Sodium
Food Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Fruit; 13 Fat; 1 1/2 Other Carbohydrates

NOTES : Utensils You Will Need
Medium bowl • Liquid measuring cup • Measuring spoon • Egg beater
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Taco Casserole

Recipe By :
Serving Size : 1 Preparation Time : 0:00
Categories : Beef Casseroles
 Main and Side Dishes

Amount	Measure	Ingredient -- Preparation Method
1	pound	ground beef
1	(15 ounce) can	chili beans
1	(8 ounce) can	tomato sauce
2	tablespoons	taco sauce, picante sauce or salsa
2	teaspoons	chile powder (2 to 4 teaspoons)
1	teaspoon	garlic powder
2	cups	coarsely broken tortilla chips
1	cup	sour cream
1/2	cup	sliced green onions (5 medium)
1	medium	tomato -- chopped (3/4 cup)
1	cup	shredded cheddar or Monterey Jack cheese (4 ounces)
		Shredded lettuce and taco sauce, if desired

Heat oven to 350°. Cook beef in 10-inch skillet over medium-high heat, stirring occasionally, until brown; drain. Stir in beans, tomato sauce, 2 tablespoons taco sauce, the chile powder and garlic powder. Heat to boiling, stirring occasionally.

Place tortilla chips in ungreased 2-quart casserole. Top with beef mixture. Spread with sour cream. Sprinkle with onions, tomato and cheese.

Bake uncovered 20 to 30 minutes or until hot and bubbly. Arrange additional tortilla chips around edge of casserole if desired. Serve with lettuce and taco sauce.

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Per serving: 509 Calories (kcal); 31g Total Fat; (52% calories from fat); 27g Protein; 35g Carbohydrate; 84mg Cholesterol; 1107mg Sodium
Food Exchanges: 2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fruit; 4 1/2 Fat;
0 Other Carbohydrates

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Tamale Lentil Casserole

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Casseroles Main and Side Dishes
 Vegetarian

Amount	Measure	Ingredient -- Preparation Method
1	tablespoon	vegetable oil
1	large onion	-- chopped (1 cup)
1	medium green bell pepper	-- chopped (1 cup)
2	cloves garlic	-- finely chopped
3	cups water	
1 1/4	cups dried lentils (10 ounces)	-- sorted and rinsed
1	(14 ounce) can tomato sauce	
1	(1.25 ounce) package taco seasoning mix	
		CHEESE CORNBREAD TOPPING
1/2	cup shredded Cheddar cheese (2 ounces)	
1/4	cup milk	
1	(8 1/2 ounce) package cornbread muffin mix	
1	(8 1/2 ounce) can cream-style corn	
1	large egg	

Heat oil in 3-quart saucepan over medium-high heat. Cook onion, bell pepper and garlic in oil, stirring frequently, until vegetables are tender. Stir in water, lentils, tomato sauce and seasoning mix; reduce heat to low. Partially cover and simmer 35 to 40 minutes or until lentils are tender.

Heat oven to 400°. Grease 2-quart casserole with shortening. Prepare cheese cornbread topping by mixing all ingredients until moistened. Spoon lentil mixture into casserole. Spread topping evenly over lentil mixture.

Bake uncovered 15 to 20 minutes until topping is golden brown.

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Per serving: 459 Calories (kcal); 11g Total Fat; (22% calories from fat); 19g Protein; 72g Carbohydrate; 42mg Cholesterol; 1322mg Sodium
Food Exchanges: 4 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates

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Three-Bean and Cornbread Casserole

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Casseroles Main and Side Dishes
 Vegetarian

Amount	Measure	Ingredient --- Preparation Method
2	(21 ounce) cans	baked beans
2	(15 ounce) cans	kidney beans --- drained
1	(8 1/2 ounce) can	lima beans --- drained
1	(8 ounce) can	tomato sauce
1/4	cup	catsup
2	tablespoons	packed brown sugar
2	tablespoons	instant minced onion
1/2	teaspoon	dry mustard
1/2	teaspoon	salt
1/4	teaspoon	pepper
		Cornbread Topping -- (recipe follows)
		CORNBREAD TOPPING
2/3	cup	all-purpose flour*
1/3	cup	yellow cornmeal
1/2	cup	milk
2	tablespoons	margarine or butter -- softened
1	tablespoon	sugar
1	teaspoon	baking powder
1/2	teaspoon	salt
1		egg

Heat oven to 425°. Mix all ingredients except Cornbread Topping; pour into ungreased baking dish, 13 x 9 x 2 inches. Prepare Cornbread Topping by beating all ingredients with hand beater until smooth. Spoon evenly over bean mixture to within 1 inch of edges.

Bake until topping is deep golden brown, 25 to 30 minutes.

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Per serving: 392 Calories (kcal); 5g Total Fat; (11% calories from fat); 18g Protein; 74g Carbohydrate; 25mg Cholesterol; 1692mg Sodium
Food Exchanges: 4 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

NOTES : *if using self-rising flour, omit baking powder and salt.
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* Exported from MasterCook *

Top-It-Your-Way Pizza

Recipe By :
Serving Size : 4 Preparation Time :0:00

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Categories : Appetizers

Amount	Measure	Ingredient -- Preparation Method
Shortening		
1	1 pound	loaf frozen pizza dough
1	(8 ounce) can	pizza sauce
1	cup	sliced mushrooms
1/2	cup	chopped green bell pepper
1/4	cup	sliced ripe olives
		A few thinly sliced onion rings
1/2	(3 1/2 ounce) package	thinly sliced pepperoni
1/4	pound	hamburger --- cooked
		OR
1/4	pound	sausage --- cooked
1 1/2	cups	shredded Mozzarella cheese (6 ounces)

Move oven rack to lowest position. Heat oven to 350°.

Grease cookie sheet or pizza pan with:
shortening

Thaw pizza dough as directed on package, then shape into 14 x 11-inch rectangle on

cookie sheet or 14-inch circle on pizza pan:

1 loaf (1 pound) frozen pizza dough

Spread over dough with rubber scraper:
1 can (8 ounces) pizza sauce

Choose 2 or 3 of your favorite toppings and sprinkle them over the sauce:

1 cup sliced mushrooms

1/2 cup chopped green bell pepper

1/4 cup sliced ripe olives

A few thinly sliced onion rings

1/2 package (3 1/2-ounce size) thinly sliced pepperoni

1/4 pound hamburger or sausage, cooked

Other favorite topping

Sprinkle over the toppings:

1 1/2 cups shredded Mozzarella cheese (6 ounces)

Bake 25 to 35 minutes or until cheese is melted and light brown. Cut pizza into wedges.

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Yield:

"1 Pie"

Per serving: 659 Calories (kcal); 27g Total Fat; (37% calories from fat); 29g Protein; 74g Carbohydrate; 59mg Cholesterol; 1617mg Sodium
Food Exchanges: 1 Grain(Starch); 2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 3 1/2 Fat; 0 Other Carbohydrates

NOTES : Utensils You Will Need

Cookie sheet or pizza pan, 15 inches • Pastry brush • Ruler • Can opener • Rubber scraper • Sharp knife • Cutting board • Dry-ingredient measuring cups • Pot holders • wire cooling rack • Pizza cutter

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* Exported from MasterCook *

Traditional Almond Cookies

Recipe By :
Serving Size : 48 Preparation Time :0:00
Categories : Cookies & Brownies

Amount	Measure	Ingredient -- Preparation Method
3	cups	slivered almonds -- toasted
3		egg whites
1 1/2	cups	granulated sugar
1	teaspoon	powdered sugar
1	teaspoon	amaretto
		OR
1/4	teaspoon	almond extract
		Granulated sugar

Heat oven to 300°. Line cookie sheet with cooking parchment paper, or grease and flour cookie sheet. Place almonds in food processor or blender. Cover and process, or blend, until finely ground but not pastelike.

Beat egg whites in medium bowl on high speed until stiff. Stir in almonds, 1 1/2 cups granulated sugar and the powdered sugar. Stir in amaretto.

Drop mixture by rounded teaspoonfuls about 2 inches apart onto cookie sheet. Sprinkle with granulated sugar. Bake 20 to 25 minutes or until brown. Remove from cookie sheet. Cool on wire rack. Drizzle with melted bittersweet chocolate, if desired.

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Yield:
"48 Cookies"

Per serving: 79 calories (kcal); 5g Total Fat; (51% calories from fat); 2g Protein; 8g Carbohydrate; 0mg Cholesterol; 4mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates

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* Exported from MasterCook *

Traditional White Bread

Recipe By :
Serving Size : 32 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
6	cups	all-purpose* flour (6 to 7 cups)
		OR
6	cups	bread flour (6 to 7 cups)
3	tablespoons	sugar

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1 tablespoon salt
2 tablespoons shortening
2 packages regular or quick active dry yeast
2 1/4 cups very warm water (120° to 130°)
Margarine or butter -- melted

Mix 3 1/2 cups of the flour, the sugar, salt, shortening and yeast in large bowl. Add warm water. Beat with electric mixer on low speed 1 minute, scraping bowl frequently. Stir in enough remaining flour, 1 cup at a time, to make dough easy to handle.

Turn dough onto lightly floured surface. Knead about 10 minutes or until smooth and elastic. Place in greased bowl and turn greased side up. Cover and let rise in warm place 40 to 60 minutes or until double. Dough is ready if indentation remains when touched.

Grease bottoms and sides of 2 loaf pans, 8 1/2 x 4 1/2 x 2 1/2 or 9 x 5 x 3 inches, with shortening.

Punch down dough and divide in half. Flatten each half with hands or rolling pin into rectangle, 18 x 9 inches, on lightly floured surface. Roll dough up tightly, beginning at 9-inch side, to form a loaf. Press with thumbs to seal after each turn. Pinch edge of dough into roll to seal. Press each end with side of hand to seal. Fold ends under loaf. Place seam side down in pan. Brush loaves lightly with margarine. Cover and let rise in warm place 35 to 50 minutes or until double.

Move oven rack to low position so that tops of pans will be in center of oven. Heat oven to 425°.

Bake 25 to 30 minutes or until loaves are deep golden brown and sound hollow when tapped. Remove from pans to wire rack. Brush loaves with margarine; cool.

2 loaves, 16 slices each

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Yield:

"2 Loaves"

Per serving: 98 calories (kcal); 1g Total Fat; (9% calories from fat); 3g Protein; 19g Carbohydrate; 0mg Cholesterol; 201mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : *If using self-rising flour, omit salt.

Cinnamon-Raisin Bread: Stir in 1 cup raisins with the second addition of flour. Mix 1/4 cup sugar and 2 teaspoons ground cinnamon. After rolling dough into rectangles, sprinkle each with 1 tablespoon water and half of the sugar mixture.

Fresh Herb Bread: Stir in 2 tablespoons chopped fresh chives, 2 tablespoons chopped fresh sage leaves and 2 tablespoons chopped fresh thyme leaves just before the second addition of flour.

Do you need to use less salt in your diet? If so, decrease sugar to 2 tablespoons and salt to 1 teaspoon. Substitute vegetable oil for the shortening. Each rising time will be 10 to 15 minutes shorter.

* Exported from MasterCook *

Triple Cheese Pesto Pita Pizzas

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Main and Side Dishes

Amount	Measure	Ingredient -- Preparation Method
1	(8 ounce) package	cream cheese -- softened
2	tablespoons	milk
6		whole wheat or white pita breads (6 inches in diameter)
6	tablespoons	Pesto -- (see recipe)
1	(2 1/4 ounce) can	sliced ripe olives -- drained
1	cup	shredded Mozzarella cheese (4 ounces)
2	tablespoons	grated Parmesan cheese
2	tablespoons	chopped fresh parsley

Heat oven to 425°. Mix cream cheese and milk until smooth. Place pita breads on ungreased large cookie sheet. Spread cream cheese mixture on pita breads to within 1/4 inch of edge. Carefully spread pesto over cream cheese. Top with olives. Sprinkle with cheeses and parsley.

Bake 7 to 12 minutes or until thoroughly heated and cheese is melted.

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Yield:
"6 Pitas"

Per serving: 477 Calories (kcal); 31g Total Fat; (56% calories from fat); 16g Protein; 38g Carbohydrate; 63mg Cholesterol; 711mg Sodium
Food Exchanges: 2 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 5 1/2 Fat; 0 Other Carbohydrates

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* Exported from MasterCook *

Pesto

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Main and Side Dishes Sauces

Amount	Measure	Ingredient -- Preparation Method
2	cups	firmly packed fresh basil leaves
3/4	cup	grated Parmesan cheese
3/4	cup	olive or vegetable oil
1/4	cup	pine nuts
3	cloves	garlic

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Place all ingredients in blender or food processor. Cover and blend on medium speed about 3 minutes, stopping occasionally to scrape sides, until smooth. Toss with hot cooked pasta, if desired.

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Yield:
"1 1/3 cups"

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Per serving: 323 Calories (kcal); 33g Total Fat; (91% calories from fat); 5g Protein; 2g Carbohydrate; 8mg Cholesterol; 191mg Sodium
Food Exchanges: 0 Grain(starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 6 Fat; 0 Other Carbohydrates

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* Exported from MasterCook *

Triple-Chocolate Chunk Cookies

Recipe By :
Serving Size : 36 Preparation Time :0:00
Categories : Cookies & Brownies

Amount	Measure	Ingredient -- Preparation Method
1 1/2	cups	packed brown sugar
1	cup	margarine or butter (2 sticks) -- softened
1		egg
2 1/4	cups	all-purpose flour
2	teaspoons	ground cinnamon
1	teaspoon	baking soda
1/2	teaspoon	salt
1	cup	chopped nuts
4	ounces	bittersweet chocolate -- chopped
4	ounces	sweet cooking chocolate -- chopped
4	ounces	white chocolate (white baking bar) -- chopped
		Three-Chocolate Glaze -- (recipe follows)
		THREE-CHOCOLATE GLAZE
3	teaspoons	shortening
3	ounces	bittersweet chocolate
3	ounces	sweet cooking chocolate
3	ounces	white chocolate (white baking bar)

Heat oven to 375°. Mix brown sugar, margarine and egg in large bowl. Stir in flour, cinnamon, baking soda and salt (dough will be soft). Stir in nuts, chocolates and white chocolate.

Drop dough by rounded tablespoonfuls about 2 inches apart onto ungreased cookie sheet.

Bake 8 to 10 minutes or until light golden brown. Cool slightly; remove from cookie sheet. Dip cookies in Three-Chocolate Glaze.

THREE-CHOCOLATE GLAZE:

Heat 1 teaspoon of the shortening with bittersweet chocolate over low heat, stirring constantly, until chocolate is melted and smooth. Remove

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from heat. Dip each cookie 1/2 inch deep into chocolate along one edge.
Repeat with remaining shortening and chocolates. Rotate dipped edge of
cookie for each type of chocolate if desired.

Please note, if you should change this recipe it will no longer be an
approved Betty Crocker® Recipe.

Description:

"A sweet trio of chocolate makes these cookies three times as
delightful—creamy milk chocolate, more assertive bittersweet chocolate
and soft white chocolate."

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Yield:

"36 Cookies"

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Per serving: 222 Calories (kcal); 15g Total Fat; (55% calories from fat); 3g
Protein; 24g Carbohydrate; 5mg Cholesterol; 132mg Sodium
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat; 1
Other Carbohydrates

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Tuna-Broccoli Casserole

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories : Casseroles

Main and side dishes

Amount	Measure	Ingredient -- Preparation Method
1 1/2	cups	uncooked small pasta shells (6 ounces)
1	(10 ounce) package	frozen broccoli cuts -- thawed
1	(6 ounce) can	tuna -- drained
1	(10 3/4 ounce) can	condensed Cheddar cheese soup
1		soup can of milk
1	cup	crushed potato chips

Heat oven to 350°.

Mix all ingredients except potato chips in casserole. Sprinkle with potato
chips. Bake uncovered 30 to 40 minutes or until hot and bubbly.

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approved Betty Crocker® Recipe.

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Per serving: 446 Calories (kcal); 16g Total Fat; (32% calories from fat); 24g
Protein; 52g Carbohydrate; 39mg Cholesterol; 876mg Sodium
Food Exchanges: 3 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 1/2 Fat;
0 Other Carbohydrates

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Tuna-Macaroni Casserole

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Casseroles Main and Side Dishes

Amount	Measure	Ingredient -- Preparation Method
1	(7 ounce) package elbow macaroni (2 cups)	
2	cups grated cheddar cheese (8 ounces)	
1	medium onion -- finely chopped (1/2 cup)	
1	(6 ounce) can tuna -- drained	
1	(10 3/4 ounce) can condensed cream of mushroom OR (10 3/4 ounce) can condensed cream of celery soup	
1	soup can of milk	

Heat oven 350°. Grease 2-quart casserole.

Cook and drain macaroni as directed on package.

Mix macaroni and remaining ingredients in casserole. Bake uncovered 30 to 40 minutes or until hot and bubbly.

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Per serving: 400 Calories (kcal); 20g Total Fat; (44% calories from fat); 23g Protein; 32g Carbohydrate; 56mg Cholesterol; 680mg Sodium
Food Exchanges: 2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 1/2 Fat;
0 Other Carbohydrates

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* Exported from MasterCook *

Tuscan Chicken Rolls with Pork Stuffing

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Main and Side Dishes Poultry

Amount	Measure	Ingredient -- Preparation Method
6 pounds)		boneless, skinless chicken breast halves -- (about 1 1/2
1/2	pound	ground pork
1	small	onion -- finely chopped (about 1/4 cup)
1	clove	garlic -- finely chopped
1		egg -- beaten
1/2	cup	soft bread crumbs

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1/2	teaspoon	salt
1/4	teaspoon	ground savory or crushed dried savory leaves
1/4	teaspoon	pepper
2	tablespoons	margarine or butter -- melted
1/2	teaspoon	salt
1/2	cup	dry white wine OR
1/2	cup	chicken broth
1/2	cup	cold water
2	teaspoons	cornstarch
1/2	teaspoon	chicken bouillon granules chopped fresh parsley

Heat oven to 400°. Grease rectangular baking dish, 11 x 7 x 1 1/2 inches. Flatten each chicken breast half to 1/4-inch thickness between sheets of plastic wrap or waxed paper. Cook ground pork, onion and garlic in 10-inch skillet over medium heat, stirring occasionally, until pork is no longer pink; drain. Stir in egg, bread crumbs, 1/2 teaspoon salt, the savory and pepper.

Place about 1/3 cup pork mixture on each chicken breast half to within 1/2 inch of edges. Roll up tightly; secure with toothpicks. Place in greased dish. Drizzle rolls with margarine. Sprinkle with 1/2 teaspoon salt. Pour wine into dish. Bake uncovered 35 to 40 minutes or until chicken is no longer pink when center of thickest pieces are cut.

Remove chicken to warm platter; remove toothpicks. Keep chicken warm. Pour liquid from dish into 1-quart saucepan. Stir cold water into cornstarch; pour into liquid in saucepan. Stir in bouillon granules. Heat to boiling over medium heat, stirring constantly. Boil and stir 1 minute. Pour gravy over chicken. Sprinkle with parsley.

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Per serving: 309 Calories (kcal); 14g Total Fat; (44% calories from fat); 35g Protein; 5g Carbohydrate; 127mg Cholesterol; 560mg Sodium
Food Exchanges: 0 Grain(Starch); 5 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates

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* Exported from MasterCook *

Upside-Down Pineapple Cake

Recipe By :
Serving Size : ■ Preparation Time :0:00
Categories : Baking with Kids Cakes

Amount	Measure	Ingredient -- Preparation Method
1/4	cup	margarine or butter (1/2 stick)
2/3	cup	packed brown sugar
1	(16 ounce) can	sliced pineapple -- drained
		Maraschino cherries
1 1/3	cups	all-purpose flour

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1	cup	granulated sugar
1/3	cup	shortening
3/4	cup	milk
1 1/2	teaspoons	baking powder
1/2	teaspoon	salt
1	large	egg
1 1/2	cups	Sweetened Whipped Cream -- (see recipe)

Heat oven to 350°.

Melt in square pan in oven:

1/4 cup (1/2 stick) margarine or butter

Sprinkle over margarine:

2/3 cup packed brown sugar

Put on top of brown sugar mixture:

1 can (about 16 ounces) sliced pineapple, drained

If you like, put in centers of pineapple slices:

Maraschino cherries

Beat in large bowl with electric mixer on low speed 30 seconds, scraping bowl all the time:

1 1/3	cups	all-purpose flour
1	cup	granulated sugar
1/3	cup	shortening
3/4	cup	milk
1 1/2	teaspoons	baking powder
1/2	teaspoon	salt
1	large	egg

Beat batter with electric mixer on high speed 3 minutes, scraping bowl a few times. Pour batter over fruit mixture in pan.

Bake 55 to 60 minutes or until toothpick poked in center comes out clean. Adult help: Immediately turn pan upside down onto heatproof serving plate. Let pan remain over cake a few minutes, then remove pan.

Serve warm and, if you like, with:

Sweetened Whipped Cream (see recipe)

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Yield:

"1 cake"

Per serving: 456 Calories (kcal); 21g Total Fat; (41% calories from fat); 4g Protein; 65g Carbohydrate; 51mg Cholesterol; 290mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 4 Fat; 2 1/2 Other Carbohydrates

NOTES : Utensils You Will Need

Square pan, 9 x 9 x 2 inches • Small sharp knife • Pot holders • Dry-ingredient measuring cups • Can opener • Large Bowl • Liquid measuring cup • Measuring spoons • Electric mixer • Rubber scraper • Toothpick • Heatproof serving plate

TIP

If any pieces of pineapple or cherries stick to the pan when you remove it, just pick them off and place on cake where they go.

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Sweetened Whipped Cream

Recipe By :
Serving Size : 0 Preparation Time :0:00
Categories : Baking with Kids Cakes

Amount	Measure	Ingredient -- Preparation Method
3/4	cup	whipping (heavy) cream
2	tablespoons	granulated or powdered sugar

Chill medium bowl in freezer about 15 minutes or until cold.

Beat in chilled bowl with eggbeater until stiff:
3/4 cup whipping (heavy) cream
2 tablespoons granulated or powdered sugar

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Yield:
"1 1/2 Cups"

Per serving: 712 Calories (kcal); 66g Total Fat; (81% calories from fat); 4g Protein; 30g Carbohydrate; 245mg Cholesterol; 67mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 13 Fat; 1 1/2 Other Carbohydrates

NOTES : Utensils You Will Need
Medium bowl • Liquid measuring cup • Measuring spoon • Egg beater
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Vegetable Frittata

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Main and Side Dishes vegetarian

Amount	Measure	Ingredient -- Preparation Method
1	tablespoon	vegetable oil
1	cup	broccoli flowerets
1	medium	carrot -- shredded (1/2 cup)
1	medium	onion -- chopped (1/2 cup)
1/4	cup	sliced ripe olives
4	large	eggs
1/4	cup	milk
1	tablespoon	chopped parsley
1/4	teaspoon	salt
1/4	teaspoon	pepper sauce
1	cup	shredded Cheddar cheese (4 ounces)
1	tablespoon	grated Parmesan cheese

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Heat oil in 10-inch skillet over medium-high heat. Cook broccoli, carrot, onion, and olives in oil about 5 minutes, stirring frequently, until vegetables are crisp-tender.

Meanwhile beat eggs, milk, parsley, salt and pepper sauce thoroughly with fork or wire whisk until a uniform yellow color. Pour egg mixture over vegetables. Sprinkle with cheese, reduce heat to low.

Cover and cook about 10 minutes or until set in center. Cut into 4 wedges. Serve immediately.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"Frittatas are Italian omelets that have the ingredients stirred into the egg before cooking rather than being folded inside after the eggs are set."

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Per serving: 258 Calories (kcal); 19g Total Fat; (66% calories from fat); 15g Protein; 7g Carbohydrate; 220mg Cholesterol; 488mg Sodium
Food Exchanges: 0 Grain(Starch); 2 Lean Meat; 1 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates

NOTES : Tip

Substitute 2 cups broccoli slaw for the broccoli flowerets and carrot. Pick up chopped onion and sliced ripe olives at the salad bar of your supermarket.

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* Exported from MasterCook *

Venetian Scallops

Recipe By :
Serving Size : 4 Preparation Time : 0:00
Categories : Fish and Shellfish Main and side dishes

Amount	Measure	Ingredient -- Preparation Method
1	tablespoon	margarine or butter
1	small	onion -- thinly sliced
1	pound	sea scallops -- cut in half
1/2	cup	dry white wine OR
1/2	cup	chicken broth
1/2	cup	whipping (heavy) cream
1/4	teaspoon	freshly grated nutmeg
1/4	cup	seasoned dry bread crumbs
1/4	cup	freshly grated Parmesan cheese

Heat oven to 400°. Melt margarine in 10-inch ovenproof skillet over medium-low heat. Cook onion in margarine, stirring occasionally, until tender. Add scallops. Cook 5 minutes. Stir in wine. Cook uncovered until liquid is evaporated. Stir in whipping cream and nutmeg. Mix bread crumbs and cheese; sprinkle over scallops. Bake uncovered 12 to 15 minutes or until hot and bubbly.

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Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"This dish is best made with sea scallops, which are large, rather than small bay scallops."

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Per serving: 312 calories (kcal); 17g Total Fat; (51% calories from fat); 25g Protein; 11g Carbohydrate; 94mg Cholesterol; 579mg Sodium
Food Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates

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* Exported from MasterCook *

Western Meat Loaf

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Main and Side Dishes

Amount	Measure	Ingredient -- Preparation Method
1	(8 ounce) can	tomato sauce
1 1/2	pounds	ground beef
1/2	pound	ground pork
2	cups	soft bread crumbs
2	tablespoons	prepared horseradish (2 to 4 tablespoons)
1	teaspoon	dry mustard
1/2	teaspoon	salt
1/4	teaspoon	pepper
1	medium	onion -- finely chopped (about 1/2 cup)
2		eggs -- slightly beaten
1	tablespoon	packed brown sugar
1/4	teaspoon	dry mustard

Heat oven to 350°. Reserve 1/4 cup of the tomato sauce. Mix the remaining tomato sauce and remaining ingredients except brown sugar and 1/4 teaspoon dry mustard. Spread in ungreased loaf pan, 8 1/2 x 4 1/2 x 2 1/2 or 9 x 5 x 3 inches, or shape mixture into loaf in ungreased rectangular pan, 13 x 9 x 2 inches.

Mix reserved tomato sauce, brown sugar and 1/4 teaspoon dry mustard; spread over loaf. Bake uncovered until done, 1 to 1 1/4 hours. Cover loosely with aluminum foil; let stand 10 minutes. Remove from pan.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"With the pungent flavor of horseradish and dry mustard, our Western Meat Loaf recipe reflects its frontier heritage. This hearty meat loaf has been a favorite of western ranch hands through the years."

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Per serving: 306 Calories (kcal); 18g Total Fat; (53% calories from fat); 24g Protein; 11g Carbohydrate; 120mg Cholesterol; 441mg Sodium
Food Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 other Carbohydrates

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* Exported from MasterCook *

Whole Wheat Dinner Rolls

Recipe By : **Shirley** Serving Size : 12 Preparation Time :0:00
Categories : Bread Machine **Breads**

Amount	Measure	Ingredient -- Preparation Method
1 1/4	cups	bread flour
1	cup	whole wheat flour
1	tablespoon	shortening
3/4	cup	water
2	tablespoons	packed brown sugar
1	tablespoon	dry milk
1 1/4	teaspoons	bread machine yeast
1/2	teaspoon	salt

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer. Select Dough/ Manual cycle.

Grease large cookie sheet. Punch down dough; place on lightly floured surface. Divide dough into 12 equal pieces. Shape each piece into a ball. Place slightly apart on cookie sheet. Cover and let rise in warm place about 30 minutes or until double.

Heat oven to 375°. Bake 15 to 20 minutes or until golden brown.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"Bring back memories of grandmother's kitchen and treat your family to the heavenly aroma of homemade rolls baking in the oven."

The New
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yield:

"12 Rolls"

— 1 —

Per serving: 108 calories (kcal); 2g Total Fat; (13% calories from fat); 3g Protein; 20g Carbohydrate; 1mg Cholesterol; 94mg Sodium
Food Exchanges: 1 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

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* Exported from MasterCook *

whole wheat-Cranberry Bread (1 1/2-Pound Recipe)

Recipe By :

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Serving Size : 12 Preparation Time :0:00
Categories : Bread Machine Breads

Amount	Measure	Ingredient -- Preparation Method
1	cup	plus 2 tablespoons water
1/4	cup	honey
2	tablespoons	margarine or butter -- softened
2	cups	bread flour
1 1/4	cups	whole wheat flour
1 1/2	teaspoons	salt
3/4	teaspoon	ground mace
2	teaspoons	bread machine yeast
1/2	cup	dried cranberries
		OR
1/2	cup	golden raisins

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients except cranberries in bread machine pan in the order recommended by the manufacturer. Add cranberries at the Raisin/ Nut signal or 5 to 10 minutes before last kneading cycle ends.

Select Basic/white cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"Try this for the Thanksgiving holidays!"

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Yield:

"1 Loaf"

Per serving: 166 Calories (kcal); 3g Total Fat; (13% calories from fat); 5g Protein; 32g Carbohydrate; 0mg Cholesterol; 291mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 vegetable; 1/2 Fruit; 1/2 Fat; 1/2 other carbohydrates

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* Exported from MasterCook *

whole wheat-Cranberry Bread (1-Pound Recipe)

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Bread Machine Breads

Amount	Measure	Ingredient -- Preparation Method
3/4	cup	water
2	tablespoons	honey
1	tablespoon	margarine or butter -- softened
1 1/4	cups	bread flour
3/4	cup	whole wheat flour

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1	teaspoon	salt
1/4	teaspoon	ground mace
1 1/4	teaspoons	bread machine yeast
1/3	cup	dried cranberries
		OR
1/3	cup	golden raisins

Make 1 1/2-pound recipe for bread machines that use 3 cups flour, or make 1-pound recipe for bread machines that use 2 cups flour.

Measure carefully, placing all ingredients except cranberries in bread machine pan in the order recommended by the manufacturer. Add cranberries at the Raisin/ Nut signal or 5 to 10 minutes before last kneading cycle ends.

Select Basic/white cycle. Use Medium or Light crust color. Remove baked bread from pan and cool on wire rack.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"Try this for the Thanksgiving holidays!"

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Yield:

"1 Loaf"

Per serving: 147 Calories (kcal); 2g Total Fat; (12% calories from fat); 4g Protein; 28g Carbohydrate; 0mg Cholesterol; 285mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 4098 0 0 0 ■ 2019 26507 0 2130706543

* Exported from MasterCook *

wild Mushroom Pie

Recipe By :

Serving size : 6 Preparation Time :0:00

Categories : Main and Side Dishes Vegetarian

Amount	Measure	Ingredient -- Preparation Method
2	cups	all-purpose flour
3/4	cup	butter -- softened
1		jumbo egg
2	tablespoons	butter
1	small	onion -- thinly sliced
2	cups	sliced fresh mushrooms
2	cups	sliced porcini mushrooms
1	cup	whole morel mushrooms
1	cup	Marsala or dry red wine
1 1/4	cups	whipping (heavy) cream
1/2	teaspoon	salt
1/4	teaspoon	pepper
1 1/2	cups	Ricotta cheese
1	cup	shredded Fontina cheese (4 ounces)
1/2	cup	freshly grated Parmesan cheese

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Mix flour, 3/4 cup butter and the egg in large bowl until dough forms. Turn dough onto lightly floured surface. Knead lightly 1 or 2 minutes or until smooth. Cover and refrigerate 30 minutes.

Heat 2 tablespoons butter in 10-inch skillet over medium-high heat. Sauté onion in butter. Reduce heat to medium; stir in mushrooms. Cook uncovered 5 minutes. Stir in wine; cook until wine is evaporated. Stir in whipping cream; sprinkle with salt and pepper. Heat to boiling over medium heat; reduce heat. Cover and simmer 10 minutes; cool.

Move oven rack to lowest position. Heat oven to 350°. Roll dough into 14-inch circle. Ease dough into pie plate, 10 x 1 1/2 inches, pressing firmly against bottom and side. Mix mushroom mixture and cheeses. Spoon into pie plate; spread to make even. Trim excess dough from edge of plate. Bake 35 to 40 minutes or until set and crust is golden brown. Cool 10 to 15 minutes before cutting.

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Per serving: 828 Calories (kcal); 62g Total Fat; (69% calories from fat); 22g Protein; 40g Carbohydrate; 234mg Cholesterol; 806mg Sodium
Food Exchanges: 2 Grain(starch); 2 Lean Meat; 1 Vegetable; 1/2 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

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* Exported from MasterCook *

Wild Rice Breadsticks

Recipe By : **Shirley** Serving Size : 10 Preparation Time : 0:00
Categories : Bread Machine **Breads**

Amount	Measure	Ingredient -- Preparation Method
1 2/3	cups	bread flour
1/2	cup	whole wheat flour
1/2	cup	cooked wild rice or brown rice
3/4	cup	water
1	tablespoon	molasses
1	tablespoon	vegetable oil
1	teaspoon	fennel seed, if desired
1	teaspoon	salt
1	teaspoon	bread machine yeast

Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer. Select Dough/ Manual cycle.

Grease large cookie sheet. Divide dough into 10 equal pieces. Roll each piece into 9-inch rope. Place on cookie sheet. Brush with vegetable oil. Cover and let rise in warm place 5 to 15 minutes or until slightly risen.

Heat oven to 375°. To make breadsticks resemble sheaves of grain, make short angled cuts with scissors at one end of each breadstick. For a shiny finish, brush breadsticks with slightly beaten egg, if desired.

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Bake 15 to 20 minutes or until golden brown. Remove from cookie sheet to wire rack. Serve warm or cool.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

Description:

"The wild rice in these breadsticks gives them a great, nutty flavor."

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Yield:

"10 Breadsticks"

Per serving: 130 Calories (kcal); 2g Total Fat; (13% calories from fat); 4g Protein; 24g Carbohydrate; 0mg Cholesterol; 216mg Sodium
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

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* Exported from MasterCook *

wine-and-Cheese Muffins

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Breads Holiday

Amount	Measure	Ingredient -- Preparation Method
2	cups	Bisquick original baking mix
2/3	cup	white wine
		OR
2/3	cup	apple juice
2	tablespoons	vegetable oil
1	cup	egg
1	cup	shredded Swiss, Gruyère or Cheddar cheese (4 ounces)
2	teaspoons	chopped fresh or freeze-dried chives

Heat oven to 400°. Line 12 medium muffin cups 2 1/2 = 1 1/4 inches, with paper baking cups or grease entire cup generously. Mix baking mix, wine, oil and egg with fork in medium bowl; beat vigorously 30 strokes. Stir in cheese and chives. Divide batter evenly among cups.

Bake about 20 minutes or until golden brown. Immediately remove from pan. Serve warm.

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Yield:

"12 Muffins"

Per serving: 150 Calories (kcal); 8g Total Fat; (50% calories from fat); 4g

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Protein: 13g Carbohydrate: 24mg Cholesterol: 263mg Sodium
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat;
0 Other Carbohydrates

NOTES : tip

Buy shredded cheese, or cut a 4-ounce chunk of cheese. You can then shred without having to stop and measure.

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Yummy Yogurt Cups

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Baking with Kids

Desserts

Amount	Measure	Ingredient -- Preparation Method
3/4	cup	all-purpose flour
1/4	cup	margarine or butter (1/2 stick) -- softened
3	tablespoons	powdered sugar
2	teaspoons	cold water (2 to 3 teaspoons)
1 1/3	cups	yogurt (any flavor)
		Fresh fruit

Heat oven to 375°.

Mix in medium bowl with fork until crumbly:

3/4 cup all-purpose flour

1/4 cup (1/2 stick) margarine or butter, softened

3 tablespoons powdered sugar

Sprinkle in, 1 teaspoon at a time, stirring to make a dough:

2 to 3 teaspoons cold water

Press about 3 tablespoons of the dough in bottom and up side of each 6-ounce custard cup to within 1/2 inch of top.

Bake 10 to 12 minutes or until golden brown. Cool 10 minutes. Adult help: Carefully remove shells from custard cups with small metal spatula to wire rack. Cool completely.

Spoon evenly into shells:

1 1/3 cups yogurt (any flavor)

If you like, top with:

Fresh fruit

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Per serving: 259 calories (kcal); 14g Total Fat; (49% calories from fat); 5g Protein; 27g Carbohydrate; 10mg Cholesterol; 172mg Sodium
Food Exchanges: 1 Grain(Starch); 1 Lean Meat; 1 vegetable; 0 Fruit; 3 Fat; 1/2 Other Carbohydrates

NOTES : Utensils You will Need

Medium bowl • Dry-ingredient measuring cups • Small sharp knife •

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Measuring spoons • Fork • Tablespoon • Four 6-ounce custard cups •
Pot holders • Small metal spatula • Wire cooling rack • Spoon

Tip

Keep edges of dough even when pressing it into custard cups.

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Zesty Roasted Chicken and Potatoes

Recipe By :
Serving Size : ■ Preparation Time :0:00
Categories : Main and Side Dishes Poultry

Amount	Measure	Ingredient -- Preparation Method
6		skinless boneless chicken breast halves
1	pound	small red potatoes -- cut in quarters
1/3	cup	mayonnaise
		OR
1/3	cup	salad dressing
3	tablespoons	Dijon mustard
1/2	teaspoon	pepper
2	cloves	garlic -- crushed
		Chopped fresh chives -- if desired

Heat oven to 350°. Grease jelly roll pan, 15 1/2 × 10 1/2 × 1 inch.

Place chicken and potatoes in pan. Mix remaining ingredients except chives; brush over chicken and potatoes.

Bake uncovered 30 to 35 minutes or until potatoes are tender and juice of chicken is no longer pink when centers of thickest pieces are cut. Sprinkle with chives.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Per serving: 285 Calories (kcal); 12g Total Fat; (38% calories from fat); 29g Protein; 15g Carbohydrate; 73mg Cholesterol; 245mg Sodium
Food Exchanges: 1 Grain(Starch); 4 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

Serving Ideas : Serve this family favorite with a super-quick salad. Simply pick up prepared salad greens at your local fast-food restaurant or supermarket, toss them with your favorite dressing, and you'll have a meal on the table in a snap!

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* Exported from MasterCook *

Zucchini Bread

Recipe By :
Serving Size : 24 Preparation Time :0:00
Categories : Breads

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Amount	Measure	Ingredient -- Preparation Method
3	cups	shredded zucchini (about 3 medium)
1 2/3	cups	sugar
2 2/3	cup	vegetable oil
2	teaspoons	vanilla
4		eggs
3	cups	all-purpose flour
1/2	cup	coarsely chopped walnuts or pecans
1/2	cup	raisins, if desired
4	teaspoons	baking powder
1	teaspoon	salt
1	teaspoon	ground cinnamon
1/2	teaspoon	ground cloves

Heat oven to 350°. Grease bottoms only of 2 loaf pans, 8 1/2 x 4 1/2 x 2 1/2 inches or 9 x 5 x 3 inches. Mix zucchini, sugar, oil, vanilla and eggs in large bowl. Stir in remaining ingredients. Pour into pans.

Bake 50 to 60 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaves from pans; remove from pans. Cool completely on wire rack before slicing. Store tightly wrapped in refrigerator up to 1 week.

2 loaves (24 slices)

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Yield:
"2 Loaves"

Per serving: 204 Calories (kcal); 8g Total Fat; (36% calories from fat); 3g Protein; 29g Carbohydrate; 31mg Cholesterol; 181mg Sodium
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 1 Other Carbohydrates

NOTES : Cut sliced Zucchini Bread into interesting shapes with cookie cutters. Spread the cutouts with cream cheese for pretty (and delicious) treats.

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